



*Sold by Nat: Brock*



*Sold by Nat: Brock*



~~25.74~~  
L<sup>d</sup>. THE  
Queens Clofet  
OPENED.

<sup>Kkk. 503</sup>  
Incomparable Secrets in  
Physick, Chyrurgery, Pre-  
serving and Candyng, &c.

Which were Presented unto the  
QUEEN:

By the most Experienced Persons of  
the Times, many whereof were had  
in Esteem, when She pleased to de-  
scend to private Recreations.

Corrected and Revived, with many  
New and Large Additions: toge-  
ther with three exact Tables.

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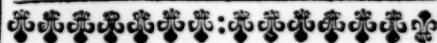
*Vixit post Funera Virtus.*

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L O N D O N, Printed for Nath. Brooke, and are  
to be Sold by Tho. Guy at the Corner Shop  
of Little Lumber-street & Cornhill. 1674.



1846-7:17



TO THE  
Ingenious & Courteous  
**READER.**

READER,

**I**T being at first the general good which caused us to publish this useful and compleat piece, we could not chuse but for the same end give it a new Birth; especially when we heard that we had so well attained what we sought, in regard of the Benefit which so many have receiv'd

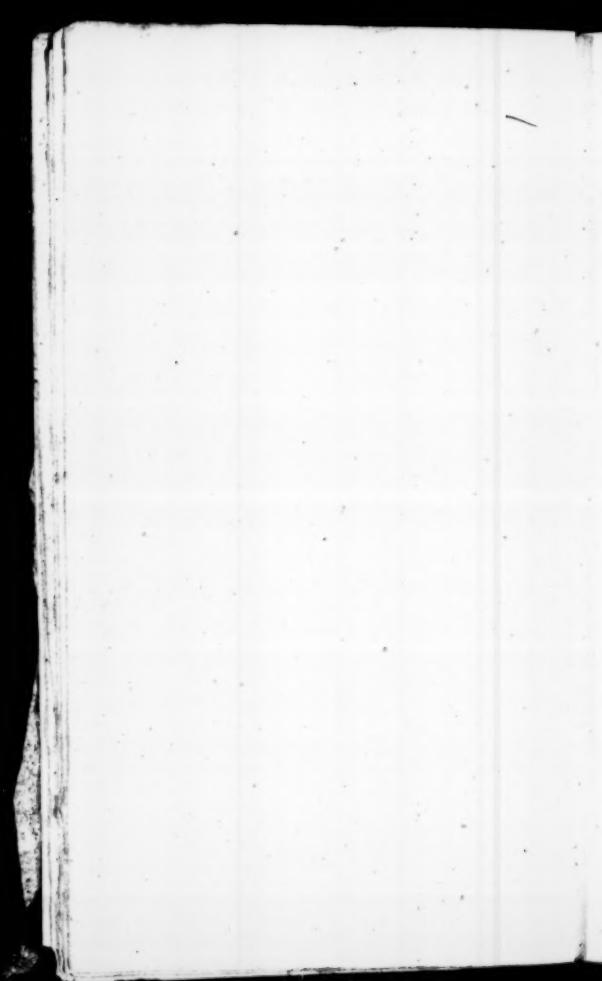
*To the Reader.*

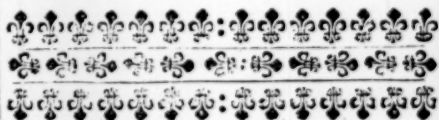
from these, which we shall now rather call *Experiments* than *Receipts*, contained therein. In short, we may say that it hath had a general Reception, traveling up and down the Kingdoms, and like the good *Samaritane* giving comfort to all it met; neither have we known of any that have bought it, who have not testified their high Esteem thereof. And indeed how should it otherwise be, knowing out of what Elaboratories it was produced? Nor is it without its Variety; here preserving the Fruits of the Earth with such a curious neatness, as if it would shew, that though Summer gave those pleasant Fruits, yet that *Art* is able to make Winter richer than her self: or if this will not please, teaching you to furnish the Tables of Princes, with such a *Grandezza* as befits them. But as for the Physical Part, what can be more noble than that which gives the Rich such an opportunity of spending upon good works,

*To the Reader.*

works, while they succour the poor, and give comfort to them in their greatest distresses. If we have given it too narrow a praise, (for too large an Encomium, I am sure we cannot attribute to it, considering its true value; ) it is not what we intended. though we are glad to see its own high deserts; carrying it so much above the reach of a more than common Repute. 'Tis true there may be some faults, and those may justly cause us to be blamed: but now we hope your Ingenuity will the rather forgive us and them, and with more diligence seek to amend what is amiss, if not for our sakes, yet out of Charity to a Work which is so charitable to your selves.

Farewell,





The Prescribers and Approvers of  
most of these Rare Receipts, their  
following Names are in several Pa-  
ges of this Book inserted and an-  
nexed to their own Experienced  
Receipts.

In this Ta-  
ble under-  
stand

$\left. \begin{array}{l} Pp \\ Qd \\ Cc \end{array} \right\}$	$\left. \begin{array}{l} Di- \\ rect \\ to the \end{array} \right\}$	$\left. \begin{array}{l} Pearl of Pract. \\ Queens Delig. \\ Compleat Cook. \end{array} \right\}$
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**K**ing Edward VI.

Queen Elizabeth

King Charles I.

Queen Mary

Lady Elizabeth Daughter to King Charles  
the First.

Dr. Mayhern Physitian to our late King of e-  
ver blessed Memory.

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Dieter

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THE  
QUEENS CABINET  
OPENED.

OR

*The Pearl of Practice.*

Accurate, Physical and Chyrurgical  
RECEIPTS.

*Doctor Butler's Preservative against the  
Plague.*



Take Wood Sorrel, and pick it from the stalk, and pound it very well in a stone Mortar; then take to every pound of beaten Sorrel a pound of Sugar finely beaten, and two ounces of Mithridate, beat them very well together, and put them in pots for your use; take every morning before and after the infection for some time together of this Conserve, as much as a Walnut.

*Dr.*

*Dr. Butler's Cordial Water.*

**T**Ake Pimpernel, Carduus, Angelica, Scordium, Scabious, Dragon, and still these severally in a Rose-still; and when you have a pint of the water of every of these sorts of Herbs, then mingle all these together very well, and dissolve in it half a pound of Venice Treacle, then still all these together, and mingle the stronger water with the small; six spoonfuls of this water made blood warm, given to one sick of the Plague, driveth all venome from the heart. It is excellent, so used, for the Small Pox, or for any Pestilent Feaver.

*Dr. Butlers Purging Ale.*

**T**Ake of Sarsaparilla two ounces, of Polypody of the Oak, and Sena, of each four ounces, Carraway seed, and Aniseed, of each half an ounce, Liquorish two ounces, Maidenhair, and Agrimony, of each one little handful, Scurvey half a bushel; beat all these grossly, and put them into a course Canvas Bag, and hang it into three gallons of strong Ale; when it is three days old drink it.

*Dr.*

*Dr. Giffords Amber Pills for a Consumption.*

**T**Ake of Venice Turpentine one ounce washed, and six grains of the Powder of white Amber, mix them together, and set them in a clean Pot upon Embers, and let it not stand too hot; to try whether it be enough, take a drop, and let it cool; if after it is cold it be stiff, and will not cleave to the finger, it is enough: then take of the powders of Pearl. White Amber, and Coral, of each a quantity, as a quarter of an ounce of the inner bark of an Oak, a quarter of an ounce of Cinamon, and Nutmegs, of each as much, and three ounces of hard white Sugar; make all these into a powder, and seeth them, and put the pills into them; before you take them, you must be well purged after which you must take three of the aforesaid Pills wrapped up in the Powder, what else you will, and in the morning take the yolk of a new laid Egg warmed a little, and put into it as much of the powder as will lie on a shilling, and sup it off; let this be used some time together, and there will be great benefit found by it.

*To comfort the Heart and Spirits, and to  
suppress Melancholly.*

**T**AKE of the juices of Borage and Bugloss, of each one pint and a half, juice of Pippins, or Queen Apples one pint, juice of balm half a pint, clarify them, then take Cochenel made into powder four drams, infuse it in the said juices being cold in an earthen pan for two days, stirring it often, then strain it, and with four pound of powder Sugar (or two pound if you mean not to keep it long) boyl it to a syrrup, then take it off, and when it is almost cold, put to it Diamargaritum Frigidum one dram and a half, Diambra four scruples. Take thereof a spoonful or two for many mornings together, and when you awake in the night, if there be cause; you may also add to some part of it Saffron to make it more cordial, by putting some powder of Saffron in a linnen clout tyed up, and so milking it out into the syrrup, let the substance thereof remain in the Cloth, and take thereof sometimes. *Approved.*

*A Cordial Electuary for stuffing of the Stomach, or shortness of breath.*

**T**Ake a pint of the best Honey, set it on the fire, and scum it clean, then put to a bundle of Hysop bruised small before you tie it up; let it boyl well, till the Honey taste of the Hysop, then strain out the Honey very hard, and put to it the powder of Angelica Root, the weight of Sixpence, powder of Elecompane root the weight of sixpence, Ginger, and Pepper, of each the weight of two-pence, Liquorish and Anni-seed of each the weight of eight-pence, all beaten very small severally: put all these into the strained Honey, and let them boyl a little space, stirring them well together all the time, then take them from the fire, and pour all into a clean gally-pot, stirring it always till it be thorough cold, and keep it close covered for your use. When any are troubled with stuffing at the stomach, or shortness of breath, let them take of this Electuary, with a bruised Liquorish stick, and they shall sensibly find much good by it. This was *Queen Elizabeths* Electuary for these infirmities.

*Mr. Covets Medicine for the Palsie.*

**T**AKE a pint of the strongest Mustard, set it in an Oven for two or three times, till it be as thick as a hasty pudding, the Oven must not be too hot to burn it: then set it on a chafing dish of coals, till it be dry enough to make into powder. Take half an ounce of Betony powder, and mix it with the said powder, and sweeten it with Sugar-candy to your taste. Take of this every morning for ten days. *Approved.*

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*A Receipt to help Digestion.*

**T**AKE two quarts of small Ale, put to it red Mints one handful, as much of red Sage, a little Cinamon; let it boyl softly till half be wasted, sweeten it with Sugar to your taste, and drink thereof a draught morning and evening.

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*A singular Cordial.*

**T**AKE two ounces of dried red Gilly-flowers, and put them into a pottle of Sack, put to it three ounces of fine Sugar in powder, and half a scruple of Amber-greece



greece in powder; put all these in a stone bottle, stop it close with a strong cork, and shake it oft. After it hath stood .ten days, pass it through a Jelly bag, and give two or three spoonfuls of it for a great Cordial. This way you may also make Lavander Wine for the Palsie, and other Diseases.

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*Dr. Bassa an Italian. An approved Receipt to break the Stone in the Kidneys.*

**I**N the Month of *May* distill Cow-dung, then take two live Hares, and strangle them in their blood; then take the one of them, and put it into an earthen vessel or pot, and cover it well with a mortar made of horse-dung and hay, and bake it in an Oven with household bread, and set it still in an Oven two or three days, bakeing it anew with any thing, untill the Hare be baked or dryed to powder; then beat it well, and keep it for your use. The other Hare you must flea, and take out the guts only; then distil all the rest, and keep this water: then take at the new and full of the Moon, or any other time, three mornings together as much of this powder as will lie on Sixpence, with two spoonfuls of each water, and it will break any Stone in the Kidneys.

*Dr.*

*Dr. Bassa's Remedy for a bloody Urine, or to  
break a Stone in the Bladder.*

**T**Ake the distilled Water of Saxifrage, Coriander, Parsley, and cod of Broom when they be green, the berries of white Thorn stilled when they be ripe; they must be stamped stones and all, and then distilled; the green hulls of Walnuts when they be ripe stilled, Raifons of the Sun stilled; every one of these waters must be stilled by it self. Then take an equal quantity of each, as a pint of *Aqua spirita*; put them all together, and still them in an ordinary still, or in *B.* after scum the water nine or ten days: and take of this water for ten or fifteen days, five or six spoonfuls at a time in the morning fasting, and use to take it after a day or two once in a month.

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*Syrup of Turnips.*

**F**irst bake the Turnips in a pot with household bread, then press out the Liquor between two platters; put a pint of this Liquor to halfe a pint of Hysop water, and as much brown Sugarcandy as will sweeten it; and boyl it to the consistence  
of

of a Syrup It is very good for a Cold or Consumption.

*Syrup of Citron Peels.*

**T**AKE the outermost fresh Peels of Citrons cut in small pieces, and pour on them two quarts of water, then wring it through a cloth; put to the Liquor one pound of powder Sugar, boyl it to a Syrup, and when it is sodden, put four grains of Musk to it, dissolved in Damask Rose Water. This Syrup cooleth not. It defendeth from the Plague.

*A Cordial Syrup to cleanse the blood, open Obstructions, prevent a Consumption, &c.*

**T**AKE Rosemary-flowers, Betony, Clove-gilly-flowers, Borrage, Broom, Cow-slip flowers, Red rose leaves, Melilot, Cumfrey, Clary, Pimpinell-flowers, of each two ounces, red Currans four pounds: infuse all these into six quarts of Claret Wine, put to it fourteen pounds of ripe Elder-berries, make the Wine scalding hot, then put in the Flowers, Currans, and Elder-berries, cover the Pot, and paste it very close, set it in a Kettle of warm water to infuse forty eight

eight hours, till the vertue of the ingredients be all drawn out, then press it out hard, and put to every pint of the liquor one pound and three quarters of powder Sugar, boyl and scum it till you find the Syrup thick enough; when it is cold bottle it, and keep it for your use. Take two spoonfulls in a morning, and so much in the afternoon, fasting two hours after it.

*A Medicine for a Dropisie, approved by the Lady Hobby, who was cured her self by it.*

**T**Ake Carawayes, Smallage, Time, Hyssop, Watercresses, Pennyroyal, Nettle tops, Calamint, Elecompane-roots, of each one little handful, Horse raddish two pounds, boyl them in six quarts of running water, until half be consumed: then strain it, boyl it anew with a pottle of Canary Sack, Liquorish twelve ounces, sweet Fennel-seed one onnce bruised, and a quarter of an ounce of Cumin-seed bruised; boyl all these above half an hour, then strain it, and keep it for your use, nine spoonfulls in the morning fasting, and as much at three or four a clock in the afternoon, use it for some time together. This the Lady *Hobby* proved by her self. *Dr.*

*Dr. Adrian Gilberts most Sovereign Cordial Water.*

**T**Ake Spearmint, Broom-mint, Mother of time, the Blossome tops of Garden Time, red Pennyroyal, Scabious, Celandine, Wood-sorrel, Wood-betony, Angelica leaves and stalks, set Wall leaves, Peony leaves, Egrimony, Tormentil, sweet Marjoram, red Sage, Rue, Rossolis, Angelica roots, Elecampany roots, set Wall roots, green Pennyroyal, Comfrey blossoms and leaves, Juniper berries, of each a pound; Balm, Carduus Benedictus, Dragon, Feaverfew, Wormwood, of each two pounds; steep all these in the lees of strong pure venient Claret Wine for nine days, every day twice turning them to mingle them well in the Lees, then distill them in a Limbeck with a read clear head, with two pound of shaved Harts-horn, and Ivory twelve ounces; draw as long of it as you may in several pottle glasses: the first is accounted the best and uncompounded, and the perfectest against the Plague, spotted Feavers, and small Pox, ordinary Feavers, divers times experienced by my self, either to prevent, or in the time of these Sicknesses. If you will

will compound it because the water hath an ill taste, then take the first gallon of the water, and mix it with a pottle of the best Malago Sack, and put into them three pounds of Raisons solis stoned, Figs one pound and a half, the Flowers of Clove-gilly-flowers, Cowslips and Marigolds, blue Violets, of each two pound, red Rose buds one pound, Ambergreece, Bezoar stone, clarified Sugar, Aniseeds, Liquorish, and what else you please.

These are *Adrian Gilberts* Receipts, having had experience of them most constantly sure. The uncompounded Water is the more excellent: and if in time of infection one take two spoonfuls of it in good Beer or White-wine, he may safely walk from danger by the leave of God. If any of the former Diseases attach any person, then he must take four ounces of the first water, and mix therewith either the Syrups of Violets, Clove gilly flowers, or Angelica, as the Disease is: one spoonful of the Syrup is sufficient for four ounces of the water. So take it in three times.

*For a swoln Face.*

**T**AKE Oyl of Elder and Plantane water, of each one ounce, beat them well together, until they be exactly incorporated, and therewith annoint the tumefied place twice or thrice in a day, until the swelling be chased away.

*Cock Water for a Consumption.*

**T**AKE a running Cock, pull him alive, then kill him, cut him abroad by the back, take out the entrails, and wipe him clean, then quarter him, and break his bones; then put him into a Rose-water still, with a pottle of Sack, Currans, and Raisins of the Sun stoned, and figs sliced, of each one pound, Dates stoned and cut small half a pound, Rosemary flowers, Wilde Time, Spearmint of each one handful, Organs or Wilde Marjoram, Bugloss, Pimpinell, of each two handfuls, and a pottle of new milk from a red cow. Distil these with a soft fire, put into the Receiver a quarter of a pound of brown Sugarcandy beaten small, four grains of Amber-greece, forty grains of prepared pearl, and half a book of leaf

B

gold

gold cut very small; you must mingle the strong water with the small, and let the Patient take too spoonfulls of it in the morning, and as much at going to bed.

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*A pretious Cordial for a sick Body.*

**T**Ake three spoonfuls of Mintwater, and as much of Muscadine and Wormwood water, two or three spoonfuls of fine Sugar, and two or three drops of Cinnamon spirit; beat these well together with two or three spoonfuls of Clove-gilly-flowers spirit, and give the Patient now and then one spoonful thereof; especially when he or she goeth to bed.

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*Wormwood Cakes good for a cold Stomach,  
and to help Digestion.*

**T**Ake pure searced Sugar two ounces, and wet it with the Spirit of Wormwood; then take a little Gum Tragacanth, and steep it all night in Rose water, then take some of this and the wet sugar, and beat them together in an Allablaster mortar till it come to a paste like dough, if you please put a little musk to it, then make it up in little cakes of the breadth of a groat or  
three



three pence ; lay them upon plates, and dry them gently in an Oven, and keep them in a dry place for your use: and upon occasion hold one of them in your mouth to melt, and swallow the dissolved juyce thereof for the infirmities aforesaid.

*To make Water of life.*

**T**AKE Balm leaves and stalks, Burnet leaves and flowers, Rosemary, red Sage, Taragon, Tormentil-leaves, Rosolis, red Roses, Carnation, Hyssop, Thyme, red strings that grow upon Savory, red Fennel leaves and roots, red Mints, of each one handful ; bruise these Herbs and put them in a great earthen pot, and pour on them as much white wine as will cover them, stop them close, and let them steep for eight or nine days, then put to it Cinamon, Ginger, Angelica seeds, Cloves and Nutmegs, of each one ounce, a little Saffron, Sugar one pound, Raisins *Solis* stoned one pound, Dates stoned and sliced half a pound, the loins and legs of an old Coney, a fleshy running Capon, the red flesh of the sinews of a Leg of Mutton, four young Chickens, twelve Larks, the yolks of twelve Eggs, a loaf of white bread cut in sops, and two or

three ounces of Mithridate or Treacle, and and as much Bastard or Muscadine, as will cover them all, distill all with a moderate fire and keep the first and second waters by themselves; and when there comes no more by distilling, put more Wine into the Pot upon the same stuff, and distill it again, and you shall have another good water. This water must be kept in a double glass close stopt very carefully: It is good against many Infirmities, as the Drop sic, Palsie Ague, Sweating, Splcen, Worms, Yellow and Black Jaundies; it strengthneth the Spirits, Brain, Heart, Liver, and Stomach. Take two or three spoonfuls when need is by it self: or with Ale, Beer, or wine mingled with Sugar.

*Dr. Atkinson's excellent Perfume against  
the Plague.*

**T**AKE Angelica roots, and dry them a very little in an Oven, or by the fire: and then bruise them very soft, and lay them in Wine Vinegar to steep, being close covered three or four days, and then heat a brick hot, and lay the same thereon every morning: this is excellent to air the house or any clothes, or to breathe over in the morning fasting.

*To make a Saffron Water.*

**T**Ake seven Quarts of white Wine, and infuse in it all night one ounce of Saffron dryed, and in the morning distill it in a Limbeck, or glass body with a head, and put some white Sugarcandy finely beaten into to the Receiver for it to drop on.

*Mr. Stepkins Water for the Eyes.*

**T**Ake four ounces of white Rose water, and two drams of Tutia, in powder, shake them well together in a glass vial, and drop of it a little into the eyes evening and morning it is very good for any hot Rheum.

*A pretious water to revive the Spirits.*

**T**Ake four gallons of strong Ale, five ounces of Anniseeds, Liquorish scraped, half a pound, sweet Mints, Angelica, Betony, Cow-slip flowers, Sage, and Rosemary flowers, sweet Marjoram, of each three handfuls, Pelitory of the wall one handful. After it is for two or three dayes, distill it in a Limbeck, and in the water infuse one handful of the flowers aforesaid, Cinamon and Fennil-seed, of each half an ounce, Juniper-berries bruised one dram,

Red rose buds, roasted Apples, and Dates sliced and stoned, of each half a pound: distill it again and sweeten it with some Sugar-candy, and take of Ambergreece, Pearl, red Coral, Harts horn powdered, and Leaf gold, of each half a dram: put them into a fine linnen bag, and hang it by a thread in a glass.

*The Bishop of Worcesters admirably  
curing powder.*

**T**AKE black tips of Crabs claws when the Sun enters into *Cancer*, which is every year on the eleventh day of *June*; pick and wash them clean, and beat them into fine powder, which finely searce, then take Musk and Civet, of each three grains, Ambergreece twelve grains, rub them in the bottom of the Mortar, and then beat them and the powder of the Claws together; then with a pound of this powder mix one ounce of the magistery of Pearl. Then take ten skins of Adders or Snakes, or Slow worm, cut them in pieces, and put them into a pipkin to a pint and a half of Spring water, cover it close, and set it on a gentle fire to simmer only, not to boyl; for ten or twelve hours, in which time, it will be turned into a Jelly, and therewith make  
the

the said powder into balls. If such skins are not to be gotten, then take six ounces of shaved Harts-horn, and boyl it to a jelly, and therewith make the said powder into balls; the horn must be of red Deer killed in *August*, when the Moon is in *Leo*, for that is best. The Dose is seven or eight grains in beer or wine.

*To make Spirit of Castoreum:*

**T**AKE Calamints four ounces, Orange peels two ounces, Nep half a handfull, Walnut blossoms half an ounce, Rosemary flowers, and tops of Sage, of each one handfull, Castoreum one ounce, white Wine one quart; distill them in a Limbeck. This water is good for swoounding fits, weak stomachs, and rising of the Mother.

*A Water for the Stone.*

**T**AKE a quart of clean pickt Strawberries, put them in a glass, pour on them a quart of Aqua-vitæ, let them stand and steep; and take two or three spoonfuls of it morning and evening with fine Sugar, or white Sugar candy. It will keep all the year.  
*Approved.*

*To make Dr. Stephens Water.*

**T**AKE a gallon of Claret Wine or Sack, Cinamon, Ginger, Grains of Paradise, Gallinal, Nutmegs, Anniseed, and Fennelseed, of each three drams. Sage, Mint, red Roses, Pellitory of the Wall, Wild Marjoram, Rosemary, Wilde Time, Cammomile, Lavender, of each one handfull : bruise the said spices small, cut and bruise the Herbs, and put all into the Wine in a Limbeck, and after it hath stood twenty four hours, distill it gently, and keep the first water by it self, and so the second.

*For a Tetter.*

**T**AKE water of red Tar, and wash it therewith. This is an approved remedy.

*A special Water for a Consumption,*

**T**AKE a peck of Garden shell Snails, wash them in small Beer, put them into a great Iron dripping pan, and set them on the hot fire of Charcoals, and keep them constantly stirring till they make no noise at  
all

all; then with a knife and cloth pick them out, and wipe them clean, then bruise them in a stone Mortar, shells and all; then take a quart of Earth-worms, rip them up with a knife, and scoure them with Salt, and wash them clean, and beat them in the Mortar: then take a large clean Brass Pot to distill them in, put into it two handfulls of Angelica, on them lay two handfulls of Celandine, a quart of Rosemary flowers, of Betony and Agrimony, of each two handfulls; Bears foot, Red dock leaves, the bark of Barberies, and Wood Sorrel, of each one handfull, Rice half a handfull, Fenugreek and Turmerick, of each one ounce, Saffron dried and beaten into powder the weight of six pence, Harts horn and Cloves beaten, of each three ounces; when all these are in the Pot, put the Snails and Worms upon them, and then pour on them three gallons of Strong Ale; then set on the Limbeck, and paste it close with Rye dough, that no air come out or get in, and so let it stand one and twenty hours, and distill it with a moderate fire, and receive the several Quarts in several Glasses close stoppt. The Patient must take every morning fasting, and not sleep after it, two Spoonfulls of the strongest water; and four

spoonfuls of the weakest at one time, fasting two hours after it.

*Syrup of Pearmains good against Melancholly.*

**T**AKE one pound of the juice of Pearmains, boyle it with a soft fire till half be consumed; then put it in a glass, and there let it stand till it be settled and put to it as much of the juice of the leaves and roots of Borrage, Sugar half a pound, sirrup of Citrons three ounces, let them boyl together to the consistence of a sirup.

*Tincture of Ambergreece.*

**P**UT into half a pint of pure spirit of Wine in a strong glass. Ambergreece, one ounce, Musk two drams, stop the glass close with a cork and bladder, and set it in hot horse dung twelve days; then pour off the spirit gently, and put as much new spirit on, and do as before, and pour it off clean: after all this, the Ambergreece will serve for ordinary uses. One drop of this Tincture will perfume any thing, besides it is, a great Cordial.

*Dr.*



*Dr. Price, and Mr. Fenton the Chyrurgeons, their excellent Medicine for the Plague after Infection.*

**T**AKE assoon as you find your self sick , as much Diascordium as the weight of a shilling, with ten grains of the powder called *Speciei de gemmis*, well mingled together ; and streight after this let the party drink a good draught of hot posset ale made with Carduus Benedickus, Sorrel, Scabiosa, and Scordium, within eight hours after the first taking of it, the party must take the Diascordium and Posset again as aforesaid, and in like sort the third time within eight hours after, but not above three times, nor the third time , if the party mend after the first or second taking, Doctor *Price* doth commend much thereof to be taken for the kind of cure for the Plague after one is infected : and Mr. *Fenton* the excellent Chyrurgeon, who hath much experience in the cure of the Plague , doth highly commend it as a thing in his own experience proved very good. The use of a root called Secour is to be chewed in the mouth, still when one is in the company of such persons as are thought to be infected with the contagion :

this root is to be bought at the Apothecaries.

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*A Drink for the Plague or Pestilent Fever, proved by the Countess of Arundel, in the Year, 1603.*

**T**AKE a pint of Malmsey, and burn it, and put thereto a spoonful of grains, being bruised, and take four spoonfuls of the same in a Porringer, and put therein a spoonful of Jean Treacle, and give the Patient to drink as hot as he can suffer it, and let him drink a draught of the Malmsey after it, and so sweat: if he be vehemently infected, he will bring the Medicine up again; but you must apply the same very often day and night till he brook it; for so long as he doth bring it up again, there is danger of him: but if he once brook it, there is no doubt of his recovery by the Grace of God: provided then when the party infected hath taken the aforesaid Medicine and sweateth, if he bring it up again, then you must give him the aforesaid quantity of Malmsey and grains, but no Treacle, for it will be too hot for him, being in a sweat. This Medicine is proved, and the party

*Physical and Chyrurgical Receipts. P5*

party hath recovered, and the sheets have been found full of blue marks; and no sore hath come forth; this being taken in the beginning of the sickness. Also this Medicine saved 38 Commons of *Windfore* the last great Plague, 1593. was proved upon many poor people, and they recovered.

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*A Syrup for a Cold.*

**T**AKE Pennyroyal half an ounce, Raisins of the Sun stoned one ounce, half so much Liquorish bruised, boyl them in a pint of running water, till half be consumed; then strain it out hard, and with Sugar boyl it to a pretty thick Syrup, and take it with a Liquorish stick. *Often proved.*

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*An excellent Receipt for a pretious Water.*

**T**AKE a pottle of the second water of Aqua Composita, of Balm, Betony, Pellitory of the Wall, sweet Marjoram, the flowers of Cowslip, Rosemary, and Sage, of each one handful, the seeds of Annise, Caraway, Coriander, Fennil, and Gromel, and Juniper berries, of each one  
spoon.

26 *The Pearle of Practise. Choice*

spoonful, three or four Nutmegs, Cinamon, one ounce, two or three large Maces; bruise all these, and let them lye ten days in steep in the Aqua Composita; set the Glass in the Sun, and stir it well every morning, then strain it, and put to it three quarters of a pound of fine Sngar, one grain of Ambergrease, and two grains of Musk.

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*To make an exce'lent Syrup of Citrons or Lemmons without fire.*

**T**AKE Citrons, or Lemmons, as many as you will, pare off their rinds, then slice them very thin; then put into a silver or glass bason, a thick lay of fine Sugar, and upon that the slices of Citrons or Lemmons, and lay after a lay of Sugar, and the other, till the bason be near full, let it stand all night covered with a paper, the next day pour of the Liquor into a glass through a Tiffany strainer; be sure you put Sugar enough to them at the first, and it will keep a whole year good, if it be set well up.

*A Salve for the Eyes made by Sir  
Edward Spencer.*

**T**AKE new Hogs greafe tryed and clarified two ounces, steep it six hours in red Rose water, after wash it in the best white Wine, wherein Lapis Calaminaris hath been twelve times quenched: it will take a pottle of white Wine, for the Lapis Calaminaris will wast it by often quenching, a piece of the Lapis as big as a Turkey Egg will serve; when the greafe is well washed, add to it one ounce of Lapis Tuitia prepared, of Lapis Hematites well washed, two scruples, Aloes Succotrina, twelve grains, Pearl four grains; all these must be prepared, and made into fine powder, put to it some red Fennel water, and make it into a Salve. If the eyes be very ill, put into each corner of them as much as a pins head of this Salve; and if the eyes be exceeding sore, anoint therewith only the eye-lids. As the Salve drieth, put to it red Fennel water to keep it moist.

*For the small Pox or Measles.*

**T**AKE an ounce of Treacle, half an ounce of set Wall cut small, a pennyworth of Saffron ground small; mix them, and take thereof in a morning upon a knives point as much as you can take up at twice or thrice, three mornings together.

*A very good Glister for the Wind.*

**T**AKE Mallow leaves, Cammomile, Mercury, Pelitory of the Wall, Mugwort, and Pennyroyal, of each a small handful, Melilot, and Cammomile flowers, of each half a handful, of the seeds of Annise, Caroway, Cummin and Fennel, of each one quarter of an ounce, Barberries, and Juniper berries, of each three drams; boyl all these in three pints of clear posset ale to twelve ounces, and use it warm.

*The Kings Medicine for the Plague.*

**T**AKE a little handful of Herb grace, as much of Sage, the like quantity of  
Elder

Elder leaves, as much of red Bramble leaves, stamp them altogether, and strain them through a fair linnen cloth, with a quart of white Wine, and a quantity of white Wine Vinegar, and a quantity of white Ginger, and mingle all together; after the first day you shall be safe four and twenty days: after the ninth day a whole year by the grace of God; and if it fortune that one be stricken with the Plague before he hath drunk the Medicine, then take the aforesaid with a spoonful of Scabiosa, and a spoonful of Betony water, and a quantity of fine Treacle, and put them together, and cause the Patient to drink it, and it will put out all Venome: and if it fortune that the botch appear, take the leaves of red Brambles, Elder leaves, and Mustard seeds, stamp them together, and make a Plaister thereof, and lay it to the sore, and it will draw out all the Venom, and the person shall be whole by the grace of God.

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*A Medicine for the Plague that the Lord Mayor had from the Queen.*

**T**AKE of Sage, Elder, and red Bramble leaves, of each one little handful; stamp

stamp and strain them together through a cloth with a quart of white Wine, then take a quantity of white Wine Vinegar, and mingle all these together; and drink thereof morning and night a spoonful at a time nine days together, and you shall be whole. There is no Medicine more excellent than this, when the sore doth appear, then to take a Cock Chick and pull it; and let the Rump be bare, and hold the Rump of the said Chick to the sore, and it will gape and labour for life, and in the end dye; then take another, and the third, and so long as any one do dye: for when the Poyson is quite drawn out, the Chick will live, the sore presently will assuage, and the party recover. Mr. *Winlour* proved this upon one of his own Children; the thirteenth Chick dyed, the fourteenth lived, and the party cured.

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*Lord Treasurers Receipt for an Ague.*

**T**AKE a quantity of Plantain, shred it, and double distill it, and take six or eight spoonfuls of the water, with as much Borage-water, with a little Sugar, and one Nutmeg; and drink it warm in the cold fit, by Gods help it will cure you.

*For*



*For Rheume in the Eyes.*

**T**Ake one spoonful of Cumin-seed finely beaten, and boyl it in Verjuyce till half be consumed, put to it some coarse wheat bran; and boyl it till it be dry, then put it in a small linnen bag, and lay it to the nape of the neck so hot as you can endure it, and it will draw the Rheume away.

*To break the Stone, and bring away the Gravel.*

**T**Ake the inner bark of a red Filbert-tree, and shave a good handful of it, and take as much Saxifrage, and steep them in a quart of Ale or white Wine, and drink a good draught thereof nine mornings together fasting.

*A Cordial Water in the time of Infection, by Sir Thomas Mayner.*

**T**Ake the juyce of green Walnuts shells and all two pound, the juyces of Balm, Carduus Benedictus, and Marigolds.  
of

of each three pound, Roots of great Docks half a pound, Butchers broom roots and all, three quarters of a pound, Angelica and Masterwort, of each three ounces, Scordium leaves two handfuls, Treacle Venice and Mithridate, of each four ounces, Canary Wine three pints, juyce of Lemons one pint, digest these in a glass body two days close stopt, then put on a glass head, and distill it, and when it is half distilled strain that which is left in the Glass, through a linnen cloth, and distill it till it grow thick as honey, which put into a Gallypot, and give some of it in the time of infection on a knives point. The distilled water is also good for the same purpose.

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*China Broth for a Consumption.*

**T**AKE an ounce of China root chipped thin, and steep it in three pints of water all night on embers covered, the next day take a Cock chicken deplumed and eviscerated, and put in its belly Agrimony, Maidenhair, of each half a handful, Raisins of the Sun stoned one good handful, and as much French barley; boyl all these in a pipkin close covered on a gentle fire for six or seven

seven hours, let it stand till it be cold, strain it, or let it run through a Hypocras bag, and keep it in a glass for your use. Take a good draught of it in the morning, and at four a clock in the afternoon.

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*A comfortable Bag for the Stomach.*

**T**AKE Balm, Wormwood, Rosemary, Spearmints, sweet Marjoram, Winter savory, of each half a handful, dry them between two dishes on a Casing-dish of coals, sprinkling them often with good Vinegar, when they are well dried, put to them some crumbs of bread; Cloves, Cinamon, and Nutmeg beaten to powder; put them in a fine linnen bag, quilt it, and lay it warm to the stomach.

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*To increase Womans Milk.*

**B**RUISE Fennel seed, and boyl them in Barley water, and let the Woman drink thereof often.

*To expell Wind.*

**T**Ake a handful of Groundswel stripped downwards, as much of Sage, and a quarter of a pound of Currans; boyl these in a pint of Ale, and drink it.

*For the Piles.*

**T**Ake white Lead finely scraped one dram, burnt Allum two drams, temper them with Hogs lard, and Plant in water, and therewith anoint the grieved place.

*For a Thrush, or Canker in the Mouth.*

**T**Ake two spoonfuls of clarified honey, and put a piece of Allum between red hot tongs, and hold it till it drop into the Honey, and therewith dress the mouth of ten, until it be perfectly cured.

*A green Oyntment good for bruifes, Swellings, and Wrenches in Man, Horfe, or other Beasts.*

**T**Ake fix pound of May Butter unfalt-  
ed, Oyl Olive one quart, Barrows-  
greafe four pound, Rosin, and Turpentine,  
of each one pound, Frankincense half a  
pound: then take these following Herbs, of  
each one handful: Balm, Smalage, Lo-  
vage, red Sage, Lavender, Cotton, Mar-  
joram, Rosemary, Mallows, Camomile,  
Plantain, Alheal, Chickweed, Rue, Parsley,  
Comfrey, Laurel leaves, Birch leaves, Long-  
wort, English Tobacco, Groundwel,  
Woundwort, Agrimony, Briony, Carduus  
Benedictus, Betony, Adders Tongue, Saint  
Johns-wort; pick all these, wash them  
clean,, and strain the water clean from  
them. These Herbs must be gathered after  
Sun rising. Stamp them very small in a stone  
Mortar, then beat the Rosin and Frankin-  
cense to powder, and melt them alone;  
then put in the Oyl, Butter, and Hogs  
grease, and when all is well melted, put in  
the Herbs, and let them boyl half a quarter  
of an hour: then take it off the fire, and  
scum it very clean a quarter of an hour, and  
when

when it is off the fire, put in the Turpentine, and two ounces of Verdigrease, stir it well, or else it will run over, and so stir it till it leave boyling; then put it in an earthen pot, which stop very close with a cloath, and a board on the top, and set in an horse dunghill one and twenty days; and take it out and put it into a Kettle, and let it boyl a little, taking heed that it boyl not over: then strain it through a coarse cloth, and put to it half a pound of Oyl of Spike, and cover the pot close till you use it. When you have any occasion to use it, warm it a little for a cold cause, and anoint the place grieved. Mix this Oyl with the like quantity of the Oyl of Bayes, when it is for a Melander in a Horse, or a dry Itch in a Horse or Mare; then take Quicksilver, and beat it often with fasting spittle, till it be killed and look black, and take a quart of Comfrey to the quantity of Quicksilver, to which put thrice so much of the said Oyl; beat all well together, and use it. For a Man it must be well chafed in the Palm of the hand three or four times. If you use it for a Horse, put to it Brimstone finely beaten, and work it all together, as aforesaid.

*An excellent Searcloth for a Wound,  
Bruise, or Ache.*

**T**Ake a pint of Oyl Olive, four ounces  
of unguentum Populeon, the Oyls of  
Cammomile and Roses, of each one ounce,  
Virgins Wax three ounces, Red Lead in  
powder eight ounces; boyl these together,  
continually stirring them, till they will stick  
to a cloth, which is enough, then wet your  
cloths in them, and hang them up to dry.  
The best time to make it is in *March*.

*Dr. Reads Perfume to smell against the  
Plague.*

**F**irst take half a pint of red Rose warer,  
and put thereto the quantity of a hazle  
Nut of Venice Treacle or Mithridate,  
stirring them together till they be well in-  
fused, then put thereto a quarter of an  
ounce of Cinamon broken into small pieces,  
and bruised in a Mortar, twelve Cloves  
bruised, the quantity of an hazle Nut of  
Angelica root sliced very thin, as much of  
set Wall roots sliced, three or four spoon-  
fuls of white Wine Vinegar; so put them all-  
C together,

together in a glass, and stop it very close, and shake it two or three times a day together, so keep it to your use; when you wet the sponge, shake the glass: in the Winter you may put to it three or four spoonfuls of Cinamon water or Sack.

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*A Perfume against the Plague.*

**D**Ivers good Physitians opinions are, that to burn Tar every morning in a chafing-dish of coals is most excellent against the Plague; also put in a little Wine Vinegar to the Tar. It is most excellent and approved.

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*Sir Edward Tertiles Salve, called the  
chief of all Salves.*

**T**AKE Rosin eight ounces, Virgins Wax and Frankincense, of each four ounces, Mastick one ounce, Harts suet four ounces, Camphire two drams, beat the Rosin, Mastick, and Frankincense in a Mortar together to fine powder; then melt the Rosin and Wax together, then put in the powders: and when they are well melted, strain it



it through a cloth into a pottle of white Wine, and boyl it together, till it be somewhat thick; then let it cool, and put in the Camphire and four ounces of Venice Turpentine drop by drop, lest it clumper, stirring it continually, then make it up into Rolls, and do with it to the pleasure of God and health of Man.

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*The Vertues and use of it.*

1. **I**T is good for all Wounds and Sores, old or new, in any place.
2. It cleanseth all Festers in the flesh, and heals more in nine days; then other salves cure in a month.
3. It suffers no dead flesh to ingender, or abide, where it comes.
4. It cureth the Head ache, rubbing the Temples therewith.
5. It cureth a salt sear Face.
6. It helpeth Sinews that grow stiff, or spring with labour, or wax dry for want of blood.
7. It draweth out rusty Iron, Arrow-heads, Stubs, Splints, Thorns, or whatsoever is fixed in the flesh or wound.
8. It cureth the biting of a mad Dog, or pricking

pricking of any venemous creature.

9. It cureth all Felons, or white flaws.

10. It is good for all festering Cankers.

11. It helpeth all Aches of the Liver, Spleen, Kidneys, Back, Sides, Arms, or Legs.

12. It cureth Biles, Blanes, Botches, Imposthumes, Swellings, and Tumours in any part of the Body.

13. It helpeth all aches and pains of the Genitors in Man or Woman.

14. It cureth Scabs, Itch, Wrenches, Sprains, Strains, Gouts, Palsies, Dropnies, and waters between the flesh and skin.

15. It healeth the Hemorrhoids, or Piles in Man or Woman.

16. It cureth the bloody Flux, if the belly be anointed therewith.

17. Make a Sear cloth thereof to heal all the abovesaid Maladies, with very many other, which for brevity sake are omitted.

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*A Restorative Broth.*

**T**AKE a young Cock or Capon, flea it, and cut it in four quarters, take out the bones, and chop the flesh somewhat small

small, put it into an earthen pot of three quarts with a close cover, and pour on it a quart of good red Wine, and a pint of red Rose water; and put to one handful of Currans, ten Dates stoned and cut small, of Rosemary flowers or leaves, and Borage, of each half a handful, then close on the cover of the pot very fast, and set the said pot in a big brass pot of water, and let it boyl five or six hours, taking heed that the water in the brass pot get not into the other pot: when it is well boyled, let it cool leasurely, in the brass pot, and then bruise all with a ladle, and strain out the liquor, whereof take morning and evening four or five spoonfuls blood warm.

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*For the Piles.*

**T**AKE one spoonful of white dogsturd. as much white Frankincense, and twenty four grains of Aloes, beat them fine and searce them, then take one spoonful of honey, the yolk of an Egg, and as much Oyl of Roses as will make it to an Oyntment, mingle them well together, and annoynt the grieved place; if the sore be inward, wet a tent of lint in the Oyntment,

C 3

and

and put it into the Fundament, and spread  
some of the Oyntments on a cloth, and put  
that on it. This is a present remedy.

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*For a sore Throat.*

**M**ingle burnt Allum, the yolk of an  
Egg, powder of white Dogs turd,  
and some Honey together; tye a clout on  
the end of a stick wet in this mixture, and  
therewith rub the Throat: or mix white  
Dogs turd and Honey, spread it on sheeps  
leather, and apply it to the Throat-

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*To voyd Phlegm from the Head, Lungs,  
or Stomach.*

**M**IX Pelitory roots and Mustard toge-  
ther, and hold it in the mouth, and  
it will draw out much Phlegm from the  
Head; but if you boyl Pelitory roots, Hy-  
sop, and Mustard in Wine and Vinegar, and  
gargie the Throat with it, it will cleanse the  
Lungs and Stomach perfectly.

*The Lady Drury's Medicine for the  
Cholick. Proved.*

**T**Ake a turf of green Grass, and lay it  
to the Navil, and let it lye till you find  
ease, the green side must be laid next to the  
belly.

*A Medicine for one thick of Hearing.  
Proved.*

**T**Ake the Garden Daisie-roots, and  
make juyce thereof, and lay the  
worst side of the head low upon the bolster,  
and drop three or four drops thereof into  
the better Ear; this do three or four days  
together.

*An excellent Drink for the Stone.*

**T**Ake Sassafras and Sassaaparilla, of each  
two ounces shaved small, China root  
and Tormentil roots, of each one ounce  
sliced small, Liquorish half a pound beaten,  
Anniseed four ounces bruised; steep all  
these in three gallons of running water for  
C 4 twelve

twelve hours, then put to them these Simples following, picked and washed, *viz.* Columbine, Lady mantle, Marsh Mallow, and Moul-car-roots slit, Herb Robert, Ribwort, Sanible, Scabious, Agrimony, Colts foot and Bettony, of each two handfuls, boyl all these together on a soft fire, till one gallon be consumed, then strain it out, and keep the liquor in a glass close stopp'd, then take all what remains in the strainer; put it into the pot again, and pour thereon two gallons of running water, and boyl them till half the liquor be consumed, then strain it out, and put both liquors together, set them on the fire, and put a quart of white Wine to it, and let it boyl a while gently, and scum it clean, then take it off the fire, and put to it half an ounce of Rhubarb slit, and two ounces of good Sena leaves, and stir them well together, and cover the pot close to keep in the heat, and let it stand all night, and in the morning stir it well, and cover it again, and so let it stand four days. Take of this liquor in the morning fasting, four a clock in the afternoon, and after supper at bed time; at each time the quantity of six ounces, and so it must be used till you feel ease.

*To preserve a Woman with Child from  
miscarrying.*

**P**UT a few Cloves and Cinamon, with a sprig of Balm and Rosemary into a pint of Claret Wine, and burn it altogether; then beat the yolks of six new laid Eggs, and put them into the Wine on the fire, then take the Cock-treading of twelve Eggs, and the white of one Egg. and beat them to an Oyl; take off the white froth from it, and put this Oyl into the Wine, and brew all well together with as much powder sugar as will make it of an indifferent sweetness: whereof let the said Woman take four spoonfuls at a time, when she feelth any pain to begin in her back or belly.

*To make Childrens teeth come without  
Pain. Proved.*

**T**AKE the head of a Hare boyl'd or roasted, and with the brains thereof mingle honey and butter, and therewith anoint the childs gums as often as you please.

*Dr. May's Iuyce of Liquorish to stay Rheum,  
and preserve the Lungs.*

**T**AKE six little handfuls of the tops of Hyfop, Rosemary flowers one little handful, of the leaves of Colts-foot, four little handfuls, stamp and take the iuyce of them, and put to it a pint of Hyfop-water, or running water; unto all these put four ounces of Liquorish, finely beaten and searfed, then set it on the fire; and boyl it till it be as thick as cream, then strain it through a fine strainer, and set it again to the fire, and stir it continually till it boyl, and put in to it boyling four ounces of Yellow Sugar-candy; let it boyl till it rise from the bottom, which stirring, and when you may handle it, make it up in Cakes and Roles as you please.

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*To kill a Felon quickly.*

**T**AKE a little Rue and Sage, stamp them small, put to it Oyl of the white of an Egg, and a little Honey, and lay it to the sore.



*A Remedy for the pain in the Stomach.*

**T**AKE a pottle of white Wine, eight ounces of Currans, and four ounces of Elicampane-roots sliced, a sprig of Marjoram and Spearmint; boyl all these together till the Currans be soft, adding to it one spoonful of sweet Fennel seed bruised. Drink of the liquor every morning fasting, at four a clock in the afternoon, and when you go to bed, the quantity of six spoonfuls. While you drink this, apply to your stomach one spoonful of Conserve of Roses, two penny-worth of Mithridate, Cinamon, Cloves, and Nutmeg, of each one spoonful, and a penny-worth of Saffron, mix these together with Rose-water, and Wine Vinegar, and put them in a linnen Bag, and warm it, and lay it to the stomach.

*To cure Diseases without taking any thing  
at the Mouth,*

**T**AKE one pound of Aloes Hepatica, Myrrhe four ounces, both beaten very fine. *Aqua vine* and *Rose water* of each one pint, after one glass has been used

them in Sand twenty four hours very softly, and in the end make a great fire, and there will come a Balsome, wherewith if you rub the Stomach with a warm cloth dipped therein, it will purge Phlegm and Choller, and all Worms which infect the Brain, and breed the Falling-sickness, it expelleth corruption of the Stomach, it helps digestion and appetite, it expurgeth all dross in the bottome of the Stomach, it cureth the Gout being mixed and well beaten with *Aquavite*, and applyed warm to the Gouty place, and left long on it.

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*To break the Stone..*

**T**AKE Cammock roots, dry them in an Oven, beat them to powder, searse it, and put as much thereof as will lye on a groat into half a pint of white Wine, half a sliced Lemon, a top or two of Rosemary, and some Sugar, let them lye in steep all night, in the morning stir them well together, and drink it off, and walk thereupon a good while. Use this three or four mornings together, and it will make the Stone break, and void away in gravel: but if the Kidneys be ulcerated, then use the Medicine following.

*To*

*To help Ulceration in the Kidneys.*

**T**AKE two drams of China-root sliced small, Golden Red, Maidenhair, Pauls Betony, Mouf-ear, Agrimony, Comfrey, Scabious, Bugle, red Bramble leaves, Pelitory of the Wall, Marsh Mallows, and Plantain, of each half a handful, then take one spoonful of French Barley, a stick of Liquorish sliced small, one handful of Raisins of the Sun stoned; boyl all these softly in a pottle of running water to a quart, then take it from the fire, and put to it two ounces of Conserve of red Roses, stir them together, and let it run through a fine cloth, and keep it close stopt in a glass, and drink thereof blood warm every morning and evening twelve spoonfuls at a time, for two, three, or four weeks, more or less, as you see occasion, and find ease or pain.

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*A special Medicine for one that cannot swal-  
low, although no inward Medicine can  
be taken for it.*

**T**AKE the soyling of a Dog that is hard and white, powder it, and mingle it well

well with English Honey, spread it thick upon a linnen cloth, and hold it to the fire, and lay it all over the Throat down to the Channel bone, use fresh morning and evening, bind it hard to, and by Gods grace it will help.

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*To draw up the Uvula.*

**T**Ake a new laid Egg, and rost it till it be blue, and then crush it between a cloth, and lay it to the Crown of the Head, and once in twelve hours lay new till it be drawn up.

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*A Purge for Children or old Men.*

**T**Ake one spoonful of spirit of Tartar prepared, with Sugarcandy and Rose-water, put it in a little broth, and give it either of them; it purgeth gently, it comforts the heart, and expelleth Phlegm and Melancholy.

*For a Noli me tangere.*

**T**AKE the Herb called Turasoyl, cut it in small pieces, and put it in a bottle, and pour so much *Aqua Vita* on it as will cover it four fingers, stop the bottle, and set it in the Sun ten days, and in the night in the Chimney-corner, but not too near the fire; then pour off the *Aqua Vita*, and keep it close, then calcine the dregs remaining in the bottle, between two calcining pots well luted, which will be done in a day, then put the calcined ashes into the said *Aqua Vita*, and they will all dissolve. Keep this as a great Treasure, and give one spoonful thereof to the party fasting, in white Wine, and wet a cloth in the said Liquor, and bind it on the sore place, and without fail it will dry it up. This helpeth also those that are troubled with the Gravel and Stone, given as aforesaid with white Wine: and it is very excellent for those that have the Dropsie, Palsie, or are taken with a Quartane Ague.

*To make the Face fair, and for a stinking  
Breath.*

**T**Ake the flowers of Rosemary; and  
seethe them in white Wine, with  
which wash your Face; if you drink there-  
of, it will make you have a sweet breath.

*For Heat in the Face, redness and shining  
of the Nose.*

**T**Ake a fair linnen-cloth, and in the  
morning lay it over the grass, and draw  
it over till it be wet with dew, then wring  
it out into a fair dish, and wet the Face  
therewith as often as you please: as you  
wet it let it dry in. *May dew is the best.*

*An excellent Oyl to take away the Heat and  
shining of the Nose.*

**T**Ake twelve ounces of Gourd-seed,  
crackle them, and take out the ker-  
nels, peel off the skin, and blanch six oun-  
ces of bitter Almonds, and make an Oyl of  
them, and anoint the place grieved there-  
with.

with : you must always take as much of the Gourd-feed as of the Almonds ; use it often.

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*For Heat or Pimples in the Face.*

**T**Ake the Liverwort that groweth in the Well, stamp and strain it, and put the juyce into Cream, and so anoint your Face as long as you will, and it will help you. *Proved.* Also the Juyce of Liverwort drunk in beer warm, is good for the heat of the Liver.

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*To take away Hair.*

**T**Ake the shells of fifty two Eggs, beat them small, and still them with a good fire, and with the water anoint your self where you would have the hair off: Or else Cats Dung that is hard and dried, beaten to powder, and tempered with strong Vinegar, and anointed on the place.

*Dr.*

*Dr. Friers Receipt for sweating in the Face.*

**T**AKE a little handful of Pennyroyal, and as much Cinquefoil, and see the them in white Wine or Vinegar; if you take Vinegar, put a little to it when it is sodden; this done, you must hold your head over it, and cast a sheet over your head, and keep in the air close as long as you can endure it, and so ten or twelve times a day.

*An approved Medicine taught by Dr. Blacksmith for the Cough.*

**T**AKE the roots of Folefoot, and dry them in an Oven, and powder them, then heat a Tile red hot, and strew it there-upon, then set the bottom of a tunnel upon it, and let the Patient receive the same morning and evening.

*An approved Medicine for the same, by Doctor Blacksmith.*

**T**AKE a pint of Hyssop-water, and a quarter of a pound of Sugarcandy, a spoon



spoonful of Anniseed bruised, and a small stick of Liquorish sliced and bruised, put them together, and let them stand all night, boyl it a quarter of an hour upon a fire: then strain, and take of it two or three spoonfuls at a time warm; you may take it at any time, best at night when you go to bed, or in the morning

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*For the Kidneys swoln with cold, or other Accidents.*

**T**Ake the Oyls of Roses and Quinces, of each two drams, and warm them in a saucer or porringer, and anoint the place therewith against the fire, lest you take cold in the doing of it.

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*A Vomit for an Ague.*

**T**Ake blue Lilly-roots sliced small and bruised, and steep it in as much Vinegar as will cover them; and when the Patient feels his fit coming, let him drink a draught of it in Ale, and keep him very warm while it worketh.

A

*A Restorative Bag for a cold or windy Stomach.*

**T**Ake Rose leaves, Rosemary tops, and flowers, red Mints, and Borrage flowers, of each one handful, warm them in a platter on a chafing-dish of coals, and ever as you stir it, sprinkle it with Sack and Rose-water; and when it is as hot as can be, put it in a cloth or silk bag, and lay it to the bottom of the Stomach, as hot as can be endured, and keep your self from studying or musing, and it will comfort very much.

*A Drink for cold Rhumes or Phlegm.*

**T**Ake the Roots of Fennel, Comfrey, Parsley, and Liverwort, Harts tongue, Mouse-ear, Horehound, Sandrake, Maiden-hair, Cinquefoil, Hyssop, Bugloss, and Violet leaves, of each one handful, wash and dry them very clean, Raisins of the Sun eight ounces, Anniseeds four drams, Liquorish two drams, Elicampane root two drams, half a pint of Barley washed and bruised; boyl these in a pottle of fair water, until half the liquor be consumed, strain it, and put to it  
one

one quart of White or Rhenish Wine, and one ounce of Sugarcandy, and boyl it again till half be consumed, take it from the fire, and when it is cold, put it into a clean glass, and drink thereof every morning and evening a draught first and last, and by Gods grace it will make you well and sound. *Approved.*

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*For Rhume in the Throat.*

**M**Ake a Cap of brown paper, perfume it with Frankincense, and apply it hot to the head, then take the hard Eggs, and lay them hot to the Nape of the Neck, and anoint the Throat with Oyls of Rice and sweet Almonds, and lay your self to sweat; and after sweating, mix Mell Rosarum, Syrup of Mulberries, Plantain water together, and gargle the Throat therewith. In want of the said Syrup use Woodbine water.

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*A Remedy for the Stone.*

**T**AKE a quart of Milk, Ale, and White Wine, of each four ounces, make them  
in-

into a clear Posset drink, the curd taken off; to which put Parsley roots, Mallow leaves, and Pellitory of the Wall, of each one handful. Water cresses one handful and a half, all small shred, two iprags of Time, and Liquorish one ounce bruised, boyl all together to the consumption of a quart, and take a draught thereof in the morning or at any time before meat, sweetned with Sugar to your tast.

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*A Broth for the Cough of the Lungs, devised  
by Dr. Brasdale, Dr. Atkinson, and  
Dr. Fryer for the Lord Treasurer.*

**T**AKE one paper of the prepared China Roots, and steep it in six pints of fair water three hours, then boyl it unto three pints in an earthen pipkin, then boyl a Chicken, and one ounce of French Barley together in a Pipkin six or seven Walmes, and scum it, then put away the water, and put the Barley and the Chick to the China, with the China in the paper, a little green Endive twenty Raisins of the Sun Stoned, a little crust of bread, and a little Mace, boyl them together unto a pint and half, strain it, and let the party drink every day two draughts there-

thereof, one in the morning faſting, and another at four a clock in the afternoon: uſe it as often as you ſee cauſe.

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*For a Burning or Scalding.*

**T**AKE Alehoof one handful, the yolk of an Egg, and ſome fair water, ſtamp them, and ſtrain it, and therewith waſh the grieved place till the fire be out.

Or boyl ſome Ale-hoof and Sheeps Suet together with Sheeps Dung and Plantain leaves, till they come to a ſalve, & apply it.

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*To procure Sleep.*

**B**RUISE a handful of Annifeeds, and ſteep them in red Roſe-water, and make it up in little bags, and bind one of them to each Noſtril, and it will cauſe ſleep.

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*To ſharpen a ſick mans Appetite, and to reſtore his Taſte.*

**T**AKE Wood or Garden Sorrel one handful, and boyl it in a pint of white wine

wine Vinegar till it be very tender, strain it out, and put to it Sugar two ounces, and boyl it to a Syrup, and let the Patient take of it at any time.

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*A comfortable Juleb for a Fever.*

**T**AKE Barley-water and white Wine, of each one pint, Whey one quart, put to it two ounces of Conserve of Barberries, and the juices of two Lemons, and two Oranges. This will cool and open the body, and comfort it. If the Feaver be extream hot, take two white salt Herrings, slit them down the back, and bind them to the soles of the feet for twelve hours. In want of Herrings, take two Pidgeons cut open, and so apply them.

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*A Receipt of the Right honorable, the Lord Sheffield, for the Cough of the Lungs.*

**T**AKE of the distilled water of sweet Horehound one pint, and add thre to make a Syrup three quarters of a pound of fine white Sugarcandy finely beaten, mix these well together, and set them upon

a quick Charcoal fire, then take some of the best English Liquorish clean scraped and sliced, and put into it, and let it boyl in the said Syrup, and when it seems half boyled, take three grains of Ambergreece reasonable well bruised, and put it into the Syrup, and let it boyl altogether, but let any scum that riseth upon it be taken away before: you must have a care that it boyl not with much heat by often cooling some of it with a spoon; when it comes to a little thicknes, being cold, it is boyled sufficiently, else will it be all Candy, and not Syrup, while it is hot it must be strained through a fine cloth that is clean, before it be put in a glass.

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*For a cough or stuffing in the Stomach.*

**T**Ake Hyssop water one pint, Muscadine one quart, four races of Ginger, and as much Liquorish sliced, two pennyworth of Sugarcandy in powder, put all into a glass, and stop it close, and shake them well together, and let it intermix twenty four hours, and drink thereof morning and evening.

*A Plaister for the Chollick.*

**T**AKE Cammomile, Rue, Sage, and Wormwood; of each one handful, Wheaten bran half a handful, cut the Herbs small, and boyl all in good Vinegar till the Vinegar be consumed, then put it into a linnen bag, and lay it to the pained place as hot as can be endured, and when it is cold, warm it again, and use it dayly till you be well.

*For the Rising of the Mother.*

**T**AKE Columbine-seed, and Parsnip-seed, of each three spoonfuls; beat them to fine powder, and boyl them in a quart of Ale to a pint, seething with it one handful of Sage cut small, strain it, and drink it off warm every morning and evening; especially when you feel pain. And take two ounces of Galbanum, spread it upon a cloth, and lay it upon the Womans Navil.

*A Drink for the Dropsie.*

**T**AKE Polipody of the Oak six ounces, Guajacum one ounce, the Bark of Guajacum three ounces, Sassafras four ounces, Sena six ounces, Anniseed three ounces,

ces,



ces, Epithymum, Stecnados, of each half an ounce, Raisins of the Sun stoned, eight ounces, Hermodactiles three ounces, Agarrick, Rhubarb, China root, of each half an ounce, Liquorish four ounces; put all these to steep a whole night in two gallons of Ale, and six quarts of strong Wine, in the morning, boyl them two hours and a half, the pot being close stoppt, then strain it being cold, and give the Patient thereof three times a day, half a pint at a time, viz. at six in the morning, and at nine after that, and at three in the afternoon. Boyl the remnant in the strainer in strong Ale as before, and drink this second liquor at meals as often as you will. You must keep a drying dyet of roast meat every day, and sup betimes, but drink no other liquors whatsoever but these two.

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*For a Tympany or Water in ones Body, and  
for the fulness of the Stomach.*

**T**Ake red Fennil and still it, and take thereof in the morning fasting a spoonful or two, and in the evening or any time of the day, when you feel your self not well: by Gods grace this will help you.

*For a Seitch in the side. Proved.*

**T**AKE a pretty quantity of Oats, and boyl them in Sack, till they have dried up the Sack, and then put them in a cloth, and lay it as hot as you can endure it to your side, and this will help.

*A Receipt of Herbs that are to be boyled in Broth, according to Dr. Atkins opinion.*

**T**AKE Tamarisk, Lettice, Borrage, Bugloss, Rosemary tops, sweet Marjoram, Time, Succory, Parsley, and Fennil, of each a pretty quantity; and when the body is coſtive, leave out some Herbs, and put in only Tamarisk, Borrage, Bugloss, Lettice, Succory, Parsley, Fennil, Betony.

*Another by Mr. Francis Cox.*

**T**AKE the roots of Sparagus and Eringo, of each three or four, cut off the length of a finger, and sliced, Maidenhair, Tamarisk, Harts-tongue, of each like much, Bettony twice as much as any of the rest, bind these and the roots together, take also large whole mace two or three flakes,

flakes, a quarter of a Nutmeg, quartered ; take then a young Cock, dress him, and slice him, and cut his flesh, and so boyl him until he be sod all to pieces, but let not the Herbs boyl too long in the broth, but when they have given a pretty tast to it, take them out, and let the rest boyl till the Chick be all in pieces; then beat the Flesh of him with Dates in a stone Mortar, and strain it with the liquor, until you have all the taste thereof in the liquor, then clarifie this broth with whites of Eggs as you do a Jelly, and then use it; this broth will strengthen the back, and have respect to the Spleen.

*A Preservative against the Plague.*

**T**AKE one handful of Roses, Bettony, and small Felon, two handfuls of Scabious, of Dragon, Sage, Sorrel, Rue, Bramble leaves, and Elder leaves, of each one handful, Bole-armoniack as big as an Apple, Saffron the weight of eight pence, yellow Sanders one ounce, Sugarcandy two ounces, all beaten into powder; distill these together, take three spoonfuls thereof, and of Treacle or Mithridate the quantity of a bean, and mingle it with the Water, and drink thereof when you are faint.

*Oxymel Compositum.*

**T**Ake pure Honey a pottle, white Wine Vinegar a pint and a half, five Parsley, five Fennel, five Smallage roots the pith taken out, the roots of Knacholm two ounces, Sparagus one ounce, Smallage seed four ounces, shred the roots, and bruise the seeds, and steep them in three quarts of Conduit water for four and twenty hours, and after boyl it all to one quart, strain it, and add the Honey clarified, and boyl it therein, then put to the Vinegar, and let it boyl gently to the thickness of a syrup, one spoonful whereof taken every morning fasting cutteth and divideth all gross humours, it purgeth the Liver, Spleen, Reins, and opens all obstructions, it moveth Urine, and provoketh Sweat.

*A Purging Dyet-Drink, the Proportion  
for four Gallons.*

**T**Ake Suffaparilla four ounces, Sena six ounces, Polipody of the Oak six ounces, Rubarb twelve drams, Sassafras roots two ounces, Agarik one ounce, Scascurvy-grass a peck, Fennel, Caroway and Anniseed, of each half an ounce, Cloves and  
Ginger

Ginger, of each one ounce, wild Radish and white Flower-de-luce roots, of each two ounces, Water-creffes, and Brook-lime, of each eight handfuls, slice such of these as are to be sliced, and beat those that are to be beaten in a Mortar, and put them in a Canvas bag, and let it stand eight days in a Rundlet of four gallons of ten shillings Beer, a little lower than the middle of the Beer, and so tun it. Take thereof in the spring and fall three or four days together in manner following, every morning at six a clock fasting, take half a pint cold, and use some exercise after it till you be warm, and fast till nine a clock; then take such another draught, and fast one hour after it, then take some thin warm broth, and keep a good dyet at meals, eating no Sallads or flegmatick meats; after dinner at three a clock take thereof another half pint, thus do for three or four days in the same manner. This will purge gently, clear the blood and inward parts, and prevent diseases. If you please you may put to the above said Ingredients two handfuls of Maidenhair

*The Countess of Worcesters Medicine for  
the Green Sicknes. Approved.*

**T**AKE a pint of Malmsey, two handfuls of Currans clean washed, and put them together, also take a little Wormwood, and a little crop or two of red Mint, either green or dryed, and lay it in the Malmsey over night, and in the morning eat a spoonful or two of the Currans fasting, and walk after it, eating nothing in an hour; use this twelve days together, and if you shall see cause; also take Wormwood, and warm it between two Tiles, and put it in a cloth, and lay to the stomach when you go to bed, and so fresh every night. Proved by the Lady of Worcester.

*A Dyct Drink for a Fistula, , or for a Body  
full of gross Humours.*

**T**AKE Sarsaparilla, Sassafras, the Wood and bark of Oak root, of each four ounces cut small, Agrimony, Coltsfoot, Scabious, of each four handfuls, Marsh Mallow roots half a handful, Betony, Ladies Mantle, Sinacle, Columbine roots, of each one handful, shred the Herbs and Roots small, and boyl them all in three gallons of Spring water, or two gallons, then strain

strain them through a Cullender, and put thereto one gallon of clear water, and boyl it to a gallon and an half, and strain it again till all the moysture be out; put thereto a pottle of good white Wine, and a piat and a half of good Honey and boyl it softly, scum it very clean, take it off the fire; and put to six drams of Rhubarb sliced small, and two ounces of Sena, and keep it in a stone vessel close covered, and drink thereof at five a clock in the morning, and at four a clock in the afternoon, till half of it be wasted; afterwards let the Patient drink thereof every morning a draught, and dress the Fistula with the green salve, and this will cure it.

When this Drink is made as abovesaid, let it stand three days, only shaking it together twice or thrice a day. It is fit to be drunk at three days end. In the time of taking it, all fish, white meats, fruits, wine, anger, and passion, must be avoided.

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*For one that hath no speech in Sicknes.*

**T**AKE the juyce of Sage, or Pimpernel and put it in the Patients mouth, and by the grace of God it shall make him speak.

*A Water good for Lightness of the Head,  
and the aforesaid Disease.*

**T**Ake the flowers of single white Prim-  
roses, and still them, and drink of the  
water, and that is good for the lightness of  
the head; and for bringing of the speech  
again, mingle therewith the like quantity  
Rosemary flower water, and Cowslip wa-  
ter, had the same will restore the speech  
again.

*Sir Edward Boustwards precious Oyntment  
for Aches in the Bones, or Sinews that  
come of cold Causes.*

**T**Ake Wormwood, red Sage, the green  
and tender leaves and buds of Bays  
and of Rue, of each one pound; chop them,  
and beat them in a Mortar very small, put  
to them Mutton Suet well picked from the  
skins one pound and a half, and beat all well  
together, and put to them a pint and an half  
of good Oyl-Olive, or Neatsfoot Oyl, mix  
them all well together in an earthen pot,  
and set them in a warm Oven five hours;  
then take it out and strain it; and keep the  
Oyntment in a earthen pot, anoint the  
grieved



grieved place therewith well by the fire, and cover the place with black wool unwashed

*Dr. Atkins. An excellent Medicine for the Jaundies.*

**T**AKE of Rhubarb finely sliced the weight of a shilling, red Dock roots sliced the weight of three shillings, one Nutmeg bruised grossly, and put them in a bottle of new beer, or any beer, the bottle being there quarts, or a pottle, let it be close stopped for three days, or two at least, and then begin to give him to drink thereof every morning a draught next his heart, and about five a clock in the afternoon, drink this till his stool come yellow; if his body be loose with it, give him but only in the morning; if he will not take this, give him two spoonfulls of the Syrup of Succory, with Rhubarb one morning, and every day after give him the weight of six pence of the powder after written in drink or broth, or alebery next his heart for a week together.

*Dr.*

*Dr. Atkins Powder.*

**T**AKE Earth-Worms and slit them, and wash them with white Wine, then dry them in an Oven, and powder them, and put to every shilling weight of their Powder, a groat weight of Ivory, and as much of Harts-horn scraped, and mingle them together, boyl in his broth Parsley Roots and Fenil Roots, and a little Nutmeg; if he will not take this, give him every morning two Spoonfuls of Oxymel Compositum alone, or in Beer, or else burn some Juniper, and take one ounce of the Ashes, and put in an Hypocras bag, with a quarter of a Nutmeg beaten, and run a pint of Rhenish Wine or white Wine through it four or five times, and let him every morning drink a draught of the Wine with Sugar.

*An approved Medicine of the Yellow  
Jaundies.*

**T**AKE the peels of Baberries, and scrape off the outside of it, and take the inner peel of them, a quarter as much as one may hold in their hand, a small Rasin of Turmeric grated very small, four or five blades  
of

of English Saffron to be dryed and beaten very small, then put all together, and boyl in a pint of milk or posset drink, until it be very bitter : then strain it, and drink every morning fasting, and at night when you go to bed nine days together, and by the grace of God it will help you; or else you may lay it asleepe in strong Ale or Beer twenty four hours, and then drink a quantity of it, as you should the other; and if it be bitter, you may put a little Sugar to sweeten it.

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*To make Oyl of Excester.*

**T**AKE Sage two handfulls, one of Time, one of the wild Vine, two of Hysop, one of Saint Johns-wort, two of Bay-leaves, one of Goose-grass, two of Rosemary, one of Letterwood, two of Pennyroyal, two of Cammomile, two of Lavender, two of white Lillies, two of Dragon leaves, two of Rue, two of Wormwood, two of Mints, one of sweet Marjorem, one of Pellitory of *Spain*; one of Feaverfew, one of Angelica, one of Betony, stamp well these herbs, and put them into a great pottle pot; and boyl them in two quarts of running water till the water be consumed, then put to it  
two

two quarts of Cowslip flowers that have been steeped in Oyl Olive four weeks, and have been kept in the Sun all that time, and two quarts of white Wine, and also two quarts of Oyl Olive, boyl them together one or two hours, till you think it almost dry, then strain in the Oyl from the herbs, and put it into a glass, and blow the uppermost of the Oyl into the glass, for the very bottom is not so good.

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*A Medicine for the Worms.*

**T**Ake a little fresh Butter and Hony, melt it, and anoint therewith the child from the Stomach to the Navil, then take powder of Mirrhe, and strew it upon the place so anointed, cover it with a brown paper, and bind a cloth over it, and so anoint the Child three nights one after another. This Mirrhe is also good to swallow in a morning for shortness of breath, and to chew it in the mouth for Rhumes.

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*A Powder for the Wind in the Body.*

**T**Ake Aniseed, Caroway-seed, Jet, Ambergreece, red Coral, dryed Lemon or Orange peels, new laid Egg shell, dryed,

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dryed, Dates stones, pillings of Goose-horns, of Capons and Pidgeons, dryed Horse Radish roots, of each half a scruple in fine powder well mixed, and take half a scruple thereof every morning in a spoonful of Beer or white Wine.

*To make Oyl of Eggs.*

**T**Ake twelve yolks of Eggs, and put them in a pot over the fire, and let them stand till you perceive them to grow black, then put them in a press, and press out the Oyl. This Oyl is good for all manner of burnings and scaldings whatsoever.

*To make Oyl of Mustard seed,*

**T**Ake two pounds of Mustard seed, and four pounds of Oyl Olive, grind them together, and let them so stand nine days; and then stir it well, and keep in boxes. This Oyl is good for the Palsie, Gout, Itch, &c.

*To make Oyl of Fennel.*

**T**Ake a good quantity of Fennel, and put it between two Iron plates, and make

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make them very hot in the fire, then press out the liquor. This Oyl will keep a great while: it is good for the Tiffick, and for Burnings or Scaldings.

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*To make Oyl of Rue.*

**C**Ut Rue leaves small, and put them into a pot with some Oyl Olive, and let them stand twelve days, then boyl them till they be wasted to the third part, then strain it, and keep it close. This Oyl is good to keep away all causes of Pestilences in Man, Woman, or Child.

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*To make Oyl of Cammomile.*

**S**Tamp a good quantity of Cammomile flowers in a Mortar, put them in a pot with some Oyl Olive, and let them stand twelve days, then boyl it a little on the fire, then take it off, and press it out hard, and put the juyce into glasses, and put to them more Cammomile flowers stamped small, and let them stand for your use.

*A Sovereign Medicine for a Fistula.*

**T**Ake pure Rosin one pound, Sheeps Suet the bigness of a great Egg, or somewhat more in Winter, and set them on a fire in a pot, till it be ready to boyl, then pour it in a pan of cold water, and work it with your hands rubbed with butter till it become so small as packthred, scrape it on a cloth, and spread it thin, then cut it out small and narrow, and when you use it, roul it up small like tents.

*The Powder.*

**T**Ake an Ox-horn, and steep it nine days in water; thrust every day into fresh water; then take it out, and fill it full of black Soap, and fry it over the fire in a Frying-pan, and the horn will melt away and burn to powder; dip the end of ten tents in this powder.

*The Water.*

**T**Ake Allum and white Copperas, of each half a pound, beat them into fine powder, and mix them well together, and put them in an earthen pot, and let them

them boyl on a soft fire till they be hard, and will boyl no longer, then beat them to powder. Two spoonfuls will make a gallon of water, and one spoonful will make a pottle; but let the water seeth first; then take it off, and at first sprinkle a little of the powder lest it flame up, and after the rest wet a fair cloth, and dress the sore twice a day. If green Copperas be used, two pound must be put to one pound of Allum. When the sore is dressed, it must be tented as aforesaid if need require, and lay on a cloth still wet in the said water. As the water comes hot from the fire, put in one spoonful of the said powder by degrees.

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*A special Medicine for a Loosness.*

**B**urn three Nutmegs to ashes in the flame of a wax Candle, and when they are thorowly burnt, rub them to powder, and mix it with the like quantity of Bean flower and Cinamon finely beaten and searfed; then make up into a paste with the white of an Egg, and a little red Wine, and make the paste into small round pills fit for swallowing, and dry them hard in a clean fire, and when you take them, drink a little red Wine after it.

*For*



*For an Uncomb or sore Finger.*

**S**Hred one handful of Smallage very small, and put to it one spoonful of Honey, the yolk of an Egg, and a little Wheat flower to make it thick; then spread it on a cloth, and lay it to the sore twice a day.

*For the same in young Children, or any other in the Beginning.*

**T**AKE Celandine, and bruise it well between your hands, and bind to your Navil, and the soles of your feet, hang it once in twenty hours till they be well.

*A Medicine for the Purples proved.*

**T**AKE Purple silk, and shred it as small as you can, and put it into a spoon, and put a little Ale or Beer unto it lukewarm, and so take it, and drink after it a little; and so do five mornings together, and fast an hour after it.

*Dr.*

*Dr. Twines Almond Milk.*

**T**AKE a pot of water when it is boyled, and stood to be clear, then boyl therein Violet leaves, Strawbercies the whole herb with the root, of each a pretty handful, a good root of Sorrel, all well washed a crust of white bread, Raisins of the Sun stoned two ounces, boyl all these from a pottle to a quart, and with fifty Almonds blanchd, and thirty pompion Kernels, all well beaten, draw an Almond Milk, sweetened with good Sugar to your liking, and drink a good draught thereof morning and evening towards the quantity of a pint.

*Dr. Blacksmiths Almond Milk.*

**T**AKE of the roots of Ruscus Gramen, Sparagus, and Succory, each three drams, Barley prepared half a handful, of the leaves of Mallows, Violets, five leaved Grass, Strawberries, Borage, Bugloss, Maidenhair, of each half a handful, sliced Liquorish two drams: boyl all these in three pints of fair running water to a quart or less: then take the weight of a French Crown of the Kernels of each of the three  
cold

cold seeds, and beat them with a few Almonds, and white Rose-water and Sugar, and make Almond Milk.

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*Dr. Atkins excellent Receipt of Almond Milk to cool and cleanse the Kidneys.*

**T**AKE a pint and a quarter of Barley water, and in that boyl Althea, Iringus, Gramen and Sparagus roots, each a French Crowns weight, Strawberries and five leaved Grafs, both Leaves and Roots, each a few; boyl them till the Barley-water be but a pint, then strain out the Barley-water, and take a French Crowns weight a piece of the four cold seeds, and peel off the husks, then beat the seeds with Almonds, and strain them forth together with the Barley-water, and put to it a little Rose-water and Sugar, and make it an Almond Milk.

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*A Receipt for the Stone.*

**T**AKE a gallon of new Milk, wild Time, Saffafras, Pellitory of the wall, Philipendula roots, Saxifrage, of each one handfull, Parsley leaves two handfuls, three or four Radish roots, and as many Parsley roots Anniseeds one ounce; cut and slit the roots, bruise the berbs and seed, and put them to  
infuse

infuse in the Milk a whole night, the next morning distil it in a Rose Distillatory. Take ten or twelve spoonfuls of the water, and as much White or Rhenish wine, a little Sugar, and a sliced Nutmeg. It is very good every full and change of the Moon to take morning and evening, to prevent sickness, and at any time if need require.

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*For the green Sickness,*

**T**AKE Aloes and Rhubarb of each four ounces finely beaten and searsed, prepared Steel four drams; mix these together with Claret wine, and make them into twenty seven pills, and take every morning three of them, using exercise till all be gone; and drink after them at each time a glass of Claret wine.

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*For any sore Breasts or Paps.*

**T**AKE a pottle of running water, Sage two good handfals small minced, and a quantity of Oat-meal-greats small beaten; boyl all these to a thickness of white bread dough, but let it not burn too; then put to it three spoonfuls of Honey, and a little Saffron; stir it well together, and boyl it to

a

a quart somewhat stiffe. This Pulvis will break and heal it soon, and draw away the pain without breaking. It will cure any sore Breast or Pap, if it be not a Canker or Fistula.

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*A Syrup lasting many years, good for Swoounding and Faintness of Heart, it comforteth the weak Brain and Sinews, it may be used as much as half a nut at once at your pleasure.*

**T**AKE Borage, Bugloss, white Endive one little handful, of Rosemary-flowers, Time, Hyssop, Winter Savory, of each one little handful; break these between your hands, and seeth them in three quarts of water, to three pints, then strain it, and put to it a pint of good Malmsey, one ounce of whole Cloves, powder of Cinamon half an ounce, powder of Ginger a quarter of an ounce, one Nutmeg in powder, Sugar half a pound or more, let them seeth upon a soft fire, well stirred for burning to until it come to the thickness of honey: then take it up, and let it cool, and put it in pots or glasses at your pleasure. Prescribed by Dr. Twine.

*An approved Medicine for a Woman in Labor  
to make, come, and prove safe Deliverance.*

**T**AKE powder of Cinamon, one dram,  
powder of Amber half a dram finely  
beaten, mingle it with eight spoonfuls of  
Claret Wine, and so let her drink it.

*To know how much Bezar Stone must be ta-  
ken when one is heart sick.*

**T**AKE Bezar stone the weight of three  
Barley-corns, or five at a time, once  
in six or ten hours, and give it in a spoon  
with Carduus, Bean water, Borrage, or Bug-  
loss, Ale or Beer.

*Dr. Stephens excellent Water, wherewith he  
cured many Diseases following.*

**T**AKE one gallon of Gascoign Wine, Gin-  
ger, Galingal, Camomile, Nutmegs,  
Grains of Paradise, Cloves. Aniseeds, Ca-  
roway seeds, of each one dram; then take  
Sage, Mint, red Roses, Time, Pellitory,  
Cosmary, Pennyroyal, Montanum, Cam-  
momile, Babin, Harts-tongue, Lavender,  
Avance, of each a handful; bray the spices  
small,

small, and let it stand so twelve hours, stirring it divers times ; then still it in a Limbeck, and keep the first by it self, for it is best ; then will there come a second water which is good, but not so good as the first, for it is fainter. The virtues of this water is, to comfort the vital Spirit greatly, and preserve the youth of man or woman, and helps the inward diseases that come of cold, helpeth the shaking of the pallsie, and cureth contractions of Sinews ; it strengtheneth the Marrow in the bones, it helpeth the conception of women that are barren, it killeth worms in the body, and cureth the cold Gout and Tooth-ach, and it helpeth the Stone in the Bladder, and the pain in the Reins of the Back, and will make one seem young a long time : One spoonful of this *Aqua Vita* shall do more good to a man that is sick, than four spoonfuls of any other ; and this *Aqua Vita* shall be better if it stand in the Sun all Summer long.

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*For the Falling Sicknes.*

**T**ake half a Peck of Peony roots, cleanse, rub, wash, and stamp them, and as you stamp them put in Sherry Sack; let them be beaten very small, and then put  
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to them a pottle of Sherry Sack ; stir all well together, and let it stand close covered twenty four hours, then pour off the clearest into bottles, and take thereof a little draught every change of the moon, for three mornings, one morning after another.

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*A Pulset's to break a Bile or Imposthume.*

**T**AKE Sorrel one handful, twelve figs quartered, half a pinte of Sorrel juyce ; boil and break these together till it be very tender, and put to it some Wheat-flower, and when it is well boiled, put to it a good piece of butter, and lay it warm to the place twice a day, till it be drawn enough.

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*A Remedy for worms in Children.*

**T**AKE one spoonful of juyce of Lemons, powdered Saffron half a scruple, and a little Sugar; and give this same quantity to the Patient three mornings together.

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*For Worms. Dr. Wetherborn.*

**T**AKE Rhu barb one dram, Wormwood half a dram, Coralline one scruple, Currans

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Currans one good handfull ; beat them all to a Conserve, and mix it with Syrup of Violets to an Eleſtuary, and give a Child the quantity of a Walnut thereof every other morning fasting.

*An Oyntment to heal any Bruise or Wound*

**T**AKE Sage, Self heal, Smallage, Southernwood, Plantain, Time, Ribwort, Rue, Parsley, Marigold leaves, Mercury, Wormwood, Betony, Scabious, Valerian, Comfrey, Lions tongue, Buck horn, of each one handfull, wash them clean, and put them into a Sieve to drain all night, and when they are dry, chop them very small, and put to them two pounds of unwashed Butter well beaten, then boyl it till half be consumed, then strain it into the pot you mean to keep it in. It is also good for swollen breasts. *May* is the best time to make it in.

*For a Bruise in a Womans Breast that is hard swollen.*

**T**AKE Woodlice, and dry them between papers before the fire, and make them into fine powder, whereof take as much as will lie on a threepence in a spoonfull of

Grout Ale : do thus first and last for three weeks together, and after you may take twice a week, till you find the breast well. But you must be sure to keep a white Cotton fryed in Goose grease to it constantly, tho you leave taking the said powder, until you find the breast cured. This hath cured the breasts that should have been cut off.

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*A Medicine for a Child that cannot hold his  
or her Water.*

**T**Ake the Navil-string of a child which is ready to fall from him, dry it and beat it to powder, and give it to the patient child Male or Female in two spoonfuls of small Beer, to drinck fasting in the morning.

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*A. R. C.*

**S**Hred 2 handfuls of Rosemary flowers, and boyl them in a quarter of a pint of *Apua Vite* a little together. At night when you go to bed, and in the morning, you must have two little pieces of white Cotton, and take some of this liquor, and set it on the embers in a dish, and put in one of the pieces of Cotton, and when it is hot wring out the liquor, and lay it to the grief.

Do

Do thus three times evening and morning, keeping the last piece of Cotton to the grief all night, and so all day.

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*An Electuary for the Liver.*

**T**AKE Cichory roots, wash and rub them v<sup>e</sup>ry dry in a cloth, then slit them, and take out their pith, and cut them in small pieces; of these roots thus ordered take eight ounces, and beat them small in a Mortar, and put to them two ounces of Currans well washed, and dry rubbed in a cloth, and beat them well together; put one ounce of the best grated Rhubarb, and half a pound of double refined Sugar beaten to powder, and beat all well together in the Mortar to the consistence of a well-formed Electuary, & keep it in a Galley-pot for your use close covered. Take as much thereof as a walnut in the morning fasting, and as much at four a clock in the afternoon.

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*A Purging Ale for the Liver.*

**T**AKE Scurvey-grass six handfuls, Brooklime, Water cresses, of each three handfuls, Agrimony, Speed-well, Liverwort, of each two handfuls, Fennel and Parsley

they roots, of each three ounces, Horse-radish two ounces, Monks Rhubarb one pound, all well picked, washed, and bruised; then put to them Scena five ounces, Polypody of the Oak four ounces, Nutmegs bruised two ounces, Fennil-seed bruised one ounce, Liquorish slit and bruised two ounces, Sassafras cut small three ounces: put all these in a bag or boulder, and hang it in five or six gallons of second Ale, and after five days infusion drink thereof half a pint every morning fasting, and walk upon it.

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*A Medicine for the Stone.*

**T**AKE the Pulp of Cassia Fistula newly drawn one ounce and a half, Rhubarb in powder one dram and a half, Venice Turpentine seven drams, Liquorish half a dram, Species of Diarragacanthum Frigidum one scruple; mix them well together with a sufficient quantity of Marsh-mallow, and take thereof in the morning fasting the quantity of a Walnut, and drink after it a good draught of Posset-drink; use it three mornings at every new Moon.

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*For the Whites and Heats in the Back,*

**T**AKE three or four Nutmegs, & put them into the middle of a brown loaf, set it  
in

in an Oven, and when it is baked take out the Nutmegs, and every morning for nine days one after another beat the white of a new laid Egg to water, then put to it of Plaintain and red Rosewater, of each four Spoonfulls, and graet into it some of the said Nutmegs, and sweeten it with a little Sugar, and drink it off.

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*Sy-up of Ale for the same Disease.*

**T**AKE a gallon of new Ale-wort of the first running, and hang it over the clec fire in an iron pot., and scum it till no more will rise, and when it is boyled to a pint, take it off, & put it into an earthen pot with a cover, and take a little thereof on a penknives Point every morning and evening

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*An excellent artificial Balsom.*

**T**AKE Conduit water and Oyl Olive, of each one quart, Turpentine four ounces, liquid Storax six ounces, put them in a Bason, and let them stand together all night; the next day melt half a pound of Beeswax on the fire, and put to it Rosemary, Bayes, and sweet Marjoram, of each one handful shred small, and also Dragons  
E 4 blood,

blood, and Mummey of each one ounce made small, and let them boyl in the wax a while: then put into the Bason Oyl of Saint Johns-wort and Rose-water, of each two ounces, and boyl it together a little more, then put in some natural Balsom and red Sanders pulverised, and let it boil a little, then strain it into a Bason, and when it is cold make a hole in it with a knife to let out the water, and so dissolve it on the fire, and put it up for your use.

*The virtues and Operation of this Balsom are*

1. It is good to cure any wound inward; if inward, squirt it in, or apply it with a tent; if outward, anoint the place.
2. It healeth any burning or scalding, bruise or cut, being therewith anoninted, and a linnen cloth or lint dipped therein laid to the place warm.
3. It takes away any pain or grief that comes of cold and moisture in the bones or sinews, anointing the place grieved with this Oyl heated, and a warm cloth laid on it.
4. It cureth the headach, only anointing the temples and nostrils therewith.

5. It

5. It is good for the Wind Cholick, or Stich in the side, applied thereunto warm with hot clothes four mornings together, every morning a quarter of an ounce.

And many other cures it doth, &c.

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*To make Green Oyntment.*

**T**Ake Rue and Sage of each one pound Bay leaves and Wormwood of each half a pound, Melilot, the Hearb and Flowers of Camomile, Spike, Rosemary, Red-Rose leaves, Saint Johns wort, and Dill, of each one handful; chop them first very small, then stamp them, and put thereto the like weight of Sheeps Suet chopt very small, and stamp them all in a stone Morter to one substance, that all be green and no Suet appear. Then put it into a large earthen pan, and pour on it five pints of pure and sweet Oyl Olive, and work them together with your hands to one substance; then cover the pan with paste-close, that no air enter, and let it stand seven days; then open it, and put it in a fresh pan, and set it on a soft fire, always stirring it till the hearbs begin to grow parched; then strain it into a fresh pan, to which put the Oyls of Roses, Camomile, white Lillies, Spike, and Violets, of each one  
E 5                      ounce

ounce, stir them well together, and keep it in a glass close stopt for your use.

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*An Electuary for the Passion of the Heart.*

**T**Ake Damask Roses half blown, cut off their whites, and stamp them very fine, and strain out the juyce very strong; moisten it in the stamping with a little Damask Rose-water, then put thereto fine powder Sugar, and boyl it gently to thin Syrup; then take the powders of Ambar, Pearl, and Rubies, of each half a dram, Ambergreece one scruple, and mingle them with the said Syrup till it be somewhat thick, and take a little thereof on a knives point morning and evening.

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*A Drink for a Hot Fever.*

**T**Ake Spring-water and red Rose-water of each one pinte and a half, the juyce of three Lemons, and white Sugarcandy one ounce, and mix them together, and give the Patient thereof six or eight spoonfuls at a time often in a day and night, until the unnatural heat be extinguished.

For



*For the Chollick.*

**T**AKE equal portions of Honey & Wine, put them on a fire, and put thereto ground Wheat-meal, and a pretty quantity of bruised Cummin-seeds, and as much Sorrel; boil all together for a preaty while, then put them into a linnen bag, and apply it to the belley as a plaister. Or take a pretty bundle of Time, and boyl it with a little slice of Ginger in a pint of Malmesby, till the third part be wasted, and drink thereof as warm as you can.

*For stopping of the Urine.*

**T**AKE the shells of quick Snails, wash them and dry them clean, and beat them into fine powder; whereof take a pretty quantity in white Wine, or thin broth.

*For the Stone in the Kidneys.*

**T**AKE a pottle of new Ale, and as much Rhenish wine, & put into it two whole Lemmons sliced with the peels and all, and put to them one Nutmeg beaten, and

and two handfulls of Scurvey grasse beaten and strained into the Ale, and half a penniworth of grains of Paradise bruised; put all together in a little stand with a cover, and after three days drink it with a taste. It is also good against the wind Cholick, proceeding from the Stone

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*To make Hair grow thick.*

**T**Ake three spoonfulls of Honey, and a good handful of Vine sprigs that twist like Wire: and beat them well, and strain their juyce into the Honey, and anoint the bald places therewith.

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*For the Rhume or Cough in the Stomach.*

**T**Ake a pint of Malmsey or Muscadine and boyl it in five ounces of Sugar-candy till it come to a Syrup, and in the latter end of the boyling put to it five spoonfulls of Horehound distilled water, and so suck it from a Liquorish stick bruised at the end. Use this only to bedward.

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*For a Sciatica.*

**T**Ake a pound of yellow Wax, six spoonfulls of the juyce of Marjoram, and

and red Sage, two spoonfuls of the juyce of Onions, of Anniseeds, Cloves, Frankincense, Mace and Nutmegs, of each one penniworth, and as much Turpentine; boyl these together to the consistence of a salve, and so apply it.

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*For the Piles.*

**R**oste quick Snails in their shells, pick out their meat with a pin, and beat them in a Morter with some powder of Pepper to a salve; then take the dried roots of Pilewort in powder, and strew it thin on the Plaister, and apply it as hot as you can suffer it.

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*To procure sleep.*

**C**Hop Camomile and crumbs of brown bread small; and boyl them with white-wine Vinegar; stir it well, and spread it on a cloth, and bind it to the soles of the feet as hot as you can suffer it. You may add to it dried red Rose leaves, or red Rose cakes with some red Rose water, and let it heat till it be thick. and bind some of it to the Temples, and some to the soles of the Feet.

*A good Purge.*

**T**AKE Diacatholicon and Syrup of Roses Laxative, of each one ounce, mix them well together in a penny pot of white Wine; and drink it warm early in the morning. This purgeth Choler, Phlegm, and all manner of watry humours.

*For a Fellon in a Joynt.*

**D**RY Bay salt, and beat it into powder, and mix it with the yolk of an Egg, and apply it to the grieved place in the beginning, before the Fellon be broken: but if it be first broken, then take the juyce of Groundfel, the yolk of an Egg, a little Honey, and Rye flower; mix them well together, and so apply it.

*To heal a fresh Wound with speed.*

**T**AKE the leaves of Columbine, Nettles, Plantain, Ribwort, wild Tarras, Wormwood, red Roses, Betony, Violets, of each one handful; wash them clean, and beat them well with the white of an Egg, and strain out the juyce through a cloth, to which

which juyce put the quantity of two Wall-nuts of Honey, and half an ounce of Frankincense; stir them well together, and put it in a box, and use it Plaister-wise. Or take Rosin, Wax, fresh Butter, Barrows-grease, well tried, of each a little quantity, Oyl them well, and put it in a bason of cold water, and work it with your hands into little rolls, spread it on a cloth, and apply it. If the wound be deep, tent it with lint.

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*For the prick of a Needle or Thorn.*

**T**Ake boulted Wheat flower, and temper it with red Wine, boyl them together to the thickness of a Salve, and lay it on so hot as you can suffer it. This will open the hole, draw out the filth, and ease the pain.

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*For to kill a Corn.*

**T**Ake of the bigness of a Walnut of Ale-yeast that is hard, and sticks to the tub side; put to it a little dried salt finely powdered; work them well together, and put it in a close box; make a Plaister of some of it, and bind it to the Corn.

*For*

*For bruises, Swellings, Broken bones.*

**T**Ake Brooklime, Chickweed, Mallows, Smallage, Groundsel, of each one handful; stamp them with a little sheeps tallow, swines grease, and Copin; put there-to wine dregs, and a little wheat bran; stir them well together over the fire till they be hot, so apply it to the place grieved.

*For Burning or Scalding.*

**T**Ake Goose-dung, and the middle bark of an Elder-tree, fry them in *May* butter, strain them, and therewith anoint the burnt or scalded place.

*To help Deafness.*

**T**Ake a piece of Rye dough the bigness of an Egg, and of that fashion, bake it dry in an oven, cut off the end, and with a knife cut out the paste and make it hollow, then put into it a little Aqua composita, and stir it, and so hot as you can endure it apply it to the deaf ear till it be cold; you must keep your head very warm. If both ears be grieved, make two of them, and use those three times.

*For*

*For the Chellick.*

**T**Ake half a sheet of white paper, anoint it all over with Oyl Olive, and strew thereon gross Pepper, and so lay it to the belly from the Navil downward.

*For the Yellow Jaundies.*

**T**Ake Pimpinel, Groundsel, Shebroom with the tops, of each one handful; boyl them in a quart of Ale till half be consumed, then divide it into three draughts, and take it morning and evening.

*For the bloody Flux.*

**T**Ake Bean flower, mingle it with Malmsey, and make a paste thereof, and bake it in an Oven like a Cake, but not too hard, and lay it upon the Navi of the belly as hot as can be suffered, and wet it all over with Malmsey, and keep it warm. It will help in three days.

*A Drink to drive the Plague from  
the Heart.*

**T**Ake a great Onion, cut off the top of it, and take out so much of the core  
as

es the bigness of a walnut, which hole fill up with Treacle, put on the top again and wrap the Onion in a piece of brown or gray paper, rost it thoroughly, and peel it, and trim it finely, and put it in a clean linnen cloth, and strain it hard into three Porringers, and drink the juyce so strained out: For it hath been found most excellent by often proof, not only for the expulsion of the Plague, but also for the eradicating of all pioson and Venome.

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*The only Receipt against the Plague.*

**T**AKE three pints of Muscadine, and boil therein a handful of Sage, and a handful of Rue, until a pinte be wasted; then strain it, and set it on the fire again; then put thereto a penniworth of long Pepper, half an ounce of Nutmegs, all beaten together; then let it boil a little, and put thereto three penniworth of Treacle, and a quarter of the best *Angelica* water you can get: Keep this as your life a bove all worldly Treasure. Take of it always warm both morning and evening a spoonful or two, if you be already infected; and sweet thereupon; if not, a spoonful in the morning, and half a spoonfull at evening in all  
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the Plague time. Under God trust to this ; for there was neither Man , Woman , nor Child by this deceived,

This is not only for the Common Plague, which is called the Sicknes ; but for the Small Pox, Measles, and Surfcits, and divers other Diseases.

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*A good Almond Milk for the Bloody Flux.*

**T**AKE Mutton, and boyl it in fair water and scum it very clean ; then put to it a handful of Borrage leaves, as much Prunes, some Cinnamon and whole Mace, the upper crust of a Manchet , boyl all these well till their strength be gone into the broth, then strain it thorow a Cullender ; then take Jordan Almonds, and parch them as you do pease, and let them boyl two or three walms, then strain them thorow a cloth, and season it well with Sugar, and a little Salt, and let the patient drink thereof at all times of the day. It is very medicinal.

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*To take Fish by Angling.*

**T**AKE Asa Fetida, Camphire, *Aque vite* and Oyl Olive ; bray them together till they come to a soft Oyntment ; then box it, and anoint your baits therewith.

*For*

*For an Ache or Swelling.*

**T**AKE Oatmeal, Sheeps suet, and black Soap, of each four ounces, boyl them in water till they be thick, make a plaister of it, and apply it to the grieved place hot.

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*For a Childs Navil that comes out with much crying.*

**T**AKE Wax as it comes from the Beehive, let it not be altered, but only strained from the Honey; then melt some of it in a Sawcer, and dip some black sheeps wool in it, and bind it to the Navil.

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*For Womens sore Paps or Breasts.*

**T**AKE Bean flowers two hondfuls, Wheaten Bran, and powder of Fenu-greek, of each one handful, one pound of white Wine Vinegar, three spoonfuls of Honey, three yolks of Eggs; boyl all till they be very thick, and lay it warm to the Breast. This will both break and heal it. Crush out the matter when you change the plaister. Or take Oyl of Roses, Bean flower, and the yolk of an Egg with a little Vinegar,

gar, set it on the fire till it be lukewarm, and no more, then with a feather anoint the fore places.

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*For an Ague in Womens Breasts.*

**T**Ake the leaves of Hemlock, fry them in fresh Butter, and as hot as may be suffered apply it to the Breasts, and lay a warm white Cotton on it, and in short time it will drive the Ague out of them.

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*To draw Rhume from the Eyes back into the Neck.*

**T**Ake twenty Cantharides, cut off their heads and wings, and beat their bodies into small powder, which put in a little linnen bag, and steep it all night in *Aqua vite* or Vinegar, and lay to the nape of the neck, and it will draw some blisters, which clip off, and apply to them an Ivy or Cab-bidge leaf, and it will draw the Rhume from the eyes. Or roast an Egg hard, cut it in half, and take out the yolk & fill either side with beaten Cummin-seed, and apply it hot to the nape of the Neck.

*For*

*For a Canker in the mouth.*

**T**AKE a pint of strong Vineger, Roach-Allum the bigness of a walnut, as much English Honey as will sweeten it, and boil it in a skillet, put it up in a close stopt glass, warm a little of it in a sawcer, and therewith wash the mouth often, and lay some lint wet in the same warm liquor upon the places.

*To make a sweet Breath.*

**T**AKE the dried flowers and tops of Rosemary, Sugarcandy, Cloves Mace and Cinamon, of each a like quantity, dried and beaten into fine powder; then take a new laid Egg, and put of the powder into the Egg, and sup it off fasting in a morning; do so seven days one after another, and it will sweeten the breath.

*For an old sore Leg.*

**T**AKE the whitest hard Soap you can get, scrap a quantity thereof into a sawcer, and put to it some Deer suet, and boyl

boyl them on the fire, then spread it on a clean linnen cloth, and lay it to the fore morning and evening, and in a short time it will heal

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*For a Stitch in the Side.*

**T**Ake a piece of white leavened bread, and toste it on both sides, then spread one side thereof with the best Treacle you can get, & cover it with a fine linnen cloth, and so lay it to the grieved place.

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*A most excellent Salve for a Wound.*

**T**Ake a good quantity of the tops of Maiden or unset Hyfop, shred them small and beat them very small in a Morter; then take Oyl Olive and clarified Honey, of each one spoonful, put thereto half a handful of Wheat flower, compound them together cold, and make it up into a fine Salve, which use to the purpose aforesaid.

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*A Pulstess to ripen any Bile or Imposthume.*

**T**Ake a Lilly-root and roste it in the Embers in a brown paper; then take Figs and pound them small, and Fenugreek  
and

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and Linseed of each a like quantity : when the Lilly-root is roasted, pound it very well ; then boyl all these in new Milk from the Cow, till it be so thick that a spoon may stand upright in it, and stir it always in the boyling, and put to it some Barrows-grease, and apply it to the place grieved.

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*To encrease Womens Milk.*

**T**AKE Fennel-seeds bruised, and boyl them well in Barley-water, whereof let wet Nurses and suckling Women drink very often, in Winter warm, in Summer cold ; and let them beware of drinking much strong Beer, Ale, or Wine, for they are hot and great driers up of Milk ; and so are all Spices, and too much Salt or salt meat.

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*To keep Iron from rusting.*

**T**AKE Lead filed very small, and put so much Oyl Olive upon it as will cover it in a pot ; then make your Iron very clean first, and anoint the Iron with the said Oyl, after it hath stood nine days, and it will never rust.

*To*

*To make Golden Colour without Gold.*

**T**AKE the juyce of Saffron flowers when they are fresh on the ground ; but if you cannot get them, then take Saffron dried and powdered, & put to it yellow & glistering Auripigment, that is scaly, and with the Gall of a Hare, or Pike fish, which is better, mix them together ; then put them in a glass, Vial close stopp'd ; which set in a warm dunghil for certain days, then take it out ; and keep it for your use.

*To make Golden Letters without Gold.*

**T**AKE Auripigment one ounce, fine Crystal one ounce ; beat them to powder severally ; then mix them, and temper them with the whites of Eggs, and so write with it

*To make Silver Letters without Silver.*

**T**AKE Tin one ounce, Quicksilver two ounces, melt them together, then beat them well with Gum water, and so write with it.

*To make the Face fair.*

**T**Ake fresh Bean-blossoms, and distill them in a Limbeck, and with the water wash your face.

*A Wound Drink.*

**T**Ake Southernwood, Wormwood, Bugle, Mugwort, White Bottle, Smale, Plantaine, Dandelion, Cinquefoil, Ribwort, wood Betony, Clary roots, Avens called Herb bennet, Hathorn buds, Agrimony, Oak leaves and buds, Bramble buds, wild Angelica, Mints, Scabicaus, Strawberry leaves, Violet leaves, Comfrey of each twenty handfuls; gather them in *May*, and dry them in a room without much fire; turn them often, that they may not become musty; and when they are dry, put them up in Canvas bags severally. Then take of these several hearbs so dried, of each three handfuls, and put them into two quarts of running water, and one quart of white Wine, boil them to three pints, strain the liquor from the hearbs, and put thereto one pint of Honey, which boil again, taking away the froth; then strain it, and keep it in a glass bottle close stopped, & take



take thereof in the morning fasting, and at night last, two or three spoonfuls at one time. This water will not continue good above three or four weeks at the most. It cureth old sores, green Wounds, Imposthumes, Fistulas, and stencheth bleeding. Tent no wound, but search and cleanse it with a tent, and cover the place with a clean cloth. During the cure, the Patient must keep a spare diet, and abstain from wine and strong drink.

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*For Worms in Children.*

**T**AKE three pound of Prunes, Sena one ounce and a half, sweet Fennel-seed one ounce and a half, Rubarb half an ounce, tie all these in a bag with a stone to it, and put them into a great quantity of water; then put the Prunes on the top, and let it stew six or seven hours, till the liquor be even with the Prunes; so drink of the liquor two or three spoonfuls, and eat of the Prunes in the morning fasting, and at four a clock in the afternoon.

*Agreen Salve.*

**T**AKE one pound of Butter, Bees-wax five ounces, Rosin one pound and a half, Frankincence four ounces, Oyl of Bays two ounces, Deersuet one ounce and a half, Verdigreese one ounce and a half, boyl the butter a little, then boyl the Wax in it, and stir it now and then, take it off the fire, put in the Oyl of Bays, set it on the fire again, then put in the Deer suet, and let it boyl one walm, for if it have more it will turn black, and when it is off the fire, put in the Verdegreese powdered, then straine it into pots, and keep it for your use.

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*A Receipt for the Kings Evil, Fistula, sore Breasts, Legs, or other sores*

**T**AKE Summil, Agrimony, Avena, wild Bugle, red Dandelion, wood Bettony, Ribwort, wild Clary roots and leaves, Mallowwort, Plantain, Wormwood, and Bugle ten and bruised, of each two handfuls; boyl them in six quarts of White wine until their vertue be extracted very softly, then with your hand squeeze all the juyce out of them.

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them into the Wine, then strain the liquor out, and set it on the fire, and clarifie it with so much Honey as will make it dainty, pleasant, and not inarp; and let it boyl a little more, and when it is cold put it in bottles close stopped, and it will last a year, whereof give the Patient six spoonfuls at a time, in the morning fasting, and at four a clock in the afternoon.

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*To ease Womens Child bed throws that are taken with cold a week or two after their Delivery.*

**T**AKE one or two spoonfuls of Oyl of sweet Almonds newly drawn either in Posset-drink, or in a Caudle, warm, morning and evening, it will help.

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*For Women swoounding fits after Delivery of Child.*

**T**AKE the powder of white Amber as much as will lie on a three pence, and give it in Mace Ale warm.

*An approved Medicine to speed a Womans  
Delivery in difficult Travel, and to send  
out the after burden safely.*

**T**Ake Cinnamon two drams and a half,  
one dram and a half of white Amber,  
Myrrhe two scruples, Castoreum one scru-  
ple, Borax half a scruple, Saffron five grains,  
powder and mix them, whereof give one  
dram at a time in white Wine and Sugar, &  
sweat after it. This hath been often tried  
with much good success.

*An approved Medicine for the Megrum.*

**T**Ake one spoonful and a half of the  
white of an Egg beaten very clear,  
white Wine vinegar one spoonful, of Pepper  
and Frankincense, of each two drams pow-  
dered, and one spoonful of Honey; mix  
them with so much Wheat flower as will  
make it into paste, whereof make two plai-  
sters, and lay them to the temples of the  
head, and change it duly every morning and  
evening.

*For to ease Head pain.*

**T**AKE red Rose leaves dried, mix them with Wheat flower, Vinegar, Oyl of Roses, and some Housleek, boyl them till they be thick, spread it on a linnen cloth, and lay it to the forehead and temples, and it will ease the pain.

*To cure a Shock Dog that hath the  
Mangie.*

**T**AKE four ounces of Tar, mix it with some fresh grease, so as it may run; then put to it some Birmstone powder, half a spoonful of Gunpowder powder'd, and two spoonfuls of Honey; mix them well, and therewith anoint the dog; in the Summer time tye him in the hot sun, that the Oyntment may soak into him; in the winter time lay him on thick fresh hay, and there keep him that the heat of his body may heat and melt it. Thrice dressing will cure him.

*Doctor Goffe's Receipt to preserve a Woman  
with child from miscarrying and abortion.*

**T**AKE a fillet of Beef half roasted hot from the fire, then take half a pint of Muscadine, Sugar, Cinnamon, Ginger, Cloves, Mace, Grains of paradise and Nutmegs, of each half a draine, and make thereof a Sawce; then divide the Beef into two pieces, and wet them in the Sawce, and binde the one piece to the bottom of the womans belly, and the other to the reins of the back, as hot as may be suffered, and keep them on twenty four huors at the least, and longer if need be thereof.

*For any pain in the Stomach.*

**C**Ut a piece of new Scarlet in the shape of a Heart, put it in a pewter dish, and wet it with the strongest Cinamon or Wormwood water; then set it on a chafing-dish of coal and cover it close, and when it is dry wet it again, which do often until the scent of the hot water be strong in it, and lay it very hot to the stomach, and renew it once or twice in a week.

*For*

*For the Wind in the Veines.*

**T**Ake powder of Liquorish, Caroway-seed and Sugarcandy beaten small, of each an equal quantity to your taste, to which put Rhubarb in powder a third part or more, with as much cream of Tartar pulverised; put it in a box, and keep it in your pocket, and eat as much of it as will lie on a sixpence, twice or thrice in a day for a week together, This will gently purge you, cool the blood, and expel the wind out of the Veins. This hath holpen those that have not been able to go,

*An excellent Cere-cloth for a Bruise,  
Strain or Wound.*

**T**Ake one pint of Oyl Olive, red Lead eight ounces, Virgins Wax four ounces, Oyntment of Populeon four ounces, the Oyls of Roses and Cammomile of each one ounce; set the Oyl on the fire, then melt the Wax in it, then put in the Populeon and Oyl, and when all are molten put in the red Lead; stir them well together, and let it boyl till it be black; then dip in your clothes, and apply them to the places ill affected.

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Mr.

*Mr. Lumley Chyrurgeon, his Pippin-drink  
for a Consumption.*

**T**Ake the' thick paring of six Pippins, boil them in three pints of Spring-water to a quart; then sweeten it with Sugar-candy, whereof drink the quantity of a Wine glass when you go to bed. In a Fever it is very good with a little syrup of lemons.

*An approved Medicine for the Spleen.*

**D**Rink for three mornings together pure Whey, as it comes naturally from the Curd; the first morning two pints, the second morning three pints, the third morning four pints. The best exercise after it is gentle riding.

*Arare Balsom.*

**T**Ake Venice Turpentine one pound, wash it four times with fair water, and as many times in Damask Rose-water, till it be as white as snow; then take an earthen pot of a gallon, make a hole in the bottom.



bottom of it, which stop with a cork and<sup>a</sup> rag, and tie a string about the cork, iut<sup>o</sup> which pot put five pints of pure Oyl Olive, and three pints of Spring water; boil this half a quarter of an hour; then melt eight ounces of yellow Wax in a skillet, which put to the Turpentine in the pot; take it off the fire, and stir them together with a spoon till they be well mingled, then pluck the cork out of the earthen pot, and let out all the water in a platter, and the Oyl and the Turpentine into the Wax in a large bason, and set them over the fire, stirring them well; then pour all out into a large earthen pan, and when it is thorow cold, melt it again on the fire, so that it will slip out; then pour out the water in the bottom, and melt it a gain one the fire, stirring all well together, & so put it up into Gally-pots for your use, and you have a most excellent Balsam made by decoction, whose effects follow.

*The Virtues of it.*

1. It is good for any inward wound squirted warm into it; and outwardly to it on fine Lint, and anointing the place; It also preserved the wound from inflammation and putrefaction.

2. It heals any bruise or cut being first anointed therewith, and then a piece of lint dipped in it, and laid to the place.

3. It cures all burnings and scaldings.

4. It helps the head-ach, anointing the Nostrills and Temples therewith.

5. It expelleth the wind Cholick, or fitch in the side, being anointed and applied four mornings with warm cloths, and every morning bathing it before the fire a quarter of an hour.

6. It helps a Surfeit; taking one ounce thereof in warm Sack.

7. It preserveth from the Plague only by anointing the lip and nostrils therewith before the party goeth abroad in the morning.

8. It is good against Cancers and worms, applied as before for a cut.

9. It helps digestion, and keepeth from vermin, if the Navil or stomach be anointed therewith before the Party goeth to bed.

The Operator that made it healed himself being sorely scalded.

*To cure the Rickets in Children.*

*Approved.*

**T**AKE a quart of new Milk, put into it one handful of Sinacle, boyl it half away, & give it to the Patient Child to drink in the morning for a breakfast, and let it not eat any thing for an hour or two after it; and at night take a quart of Milk, and one handful of red Mints, boyl it half away as before, and let the Child eat it last at night. This continue for a month, or longer, as occasion is. This quantity of Milk so made will serve for twice.

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*An Unguent to anoint the Ricketted  
Childs Breast.*

**T**AKE fresh butter, Sinacle, red Mints, of each one pound, stamp the Herbs very small, then mix it with the butter to a perfect Unguent, and therewith anoint the childs breast every morning and evening before the fire; you must anoint it from arm to arm, that it may open the breast, and also anoint the gullet bones, that they may open, for in this disease they will seem to close.

*To*

*To anoint the Ricketted Childs Limbs, and to recover it in a short time. though the Child be so lame, as to go upon Crutches.*

**T**Ake a peck of GardenSnails, and bruise them, put them in a course Canvas Bag, and hang it up, and set a dish under it to receive the liquor that droppeth from them, wherewith anoint the Child in every Joynt which you perceive to be weak before the fire every morning and evening. This I have known made a Child that was extream weak to go alone, using it only a weeks time.

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*A Plaister for an Ague.*

**T**Ake strong Leaf Tobacco six drams, Currans a small handful, and as much Bores Grease as will make it into a salve, by heating and stamping together in a mortar of stone; when it is beaten to a salve, take two pieces of sheeps leather, and spread the salve an inch thick on both of them; and lay them upon the veins of both wrists twenty four hours before the fit cometh. This will cure either a quartane or a certain Ague.

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*A dainty cooling Drink for a hot Fever.*

**T**Ake French Barley one ounce, boyl it first in a quart of fair water a good while, then shift it, and boyl it in a another quart of water a good while, shift it again, and hoyl it in a pottle of running spring water to a quart, then take two ounces of sweet Almonds, lay them to soak all night; then stamp and strain them into the last Barley-water; put to it four spoonfuls of Damask Rosewater, the juyce of one Lemon, and with Sugar sweeten it to your taste, drink this often in the night, or when you are dry or hot.

*To clear the Stomach, and comfort it.*

**T**Ake a pint of Sherry Sack, put in it two ounces of Jean Treacle, and four ounces of white Sugarcandy, boyl them into a Syrup with a soft fire, and take one spoonful in the morning fasting.

*A Plaister for the same.*

**T**AKE a red Rose Cake, and toste the upper side of it at the fire, stick it thick full of Cloves, and dip it in a little quantity of *Aqua vite* and white Wine Vinegar warmed very hot in a chafing-dish of coals, lay it to the Stomach as hot as can be suffered, and binde it fast on all night.

*For a Rupture.*

**T**AKE a sheet of Cap Paper, wet it in water, and fold it so wet, and lay it upon the Rupture, the party lying upon his back, but close up the Rupture first with your fingers, and so bind it down until it be dry, and then it will hold and grow with the flesh, you may wear a Truss upon it if you will.

*To procure speedy Deliverance to a Woman in Labour with Child.*

**T**AKE a pint of Ale, and boyl it, and put to it a womans Milk to make a Posset of

of it, and let the Woman in Travel drink it; this hath procured easie and speedy Deliverance to divers Women in Child birth.

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*To cure a great Flux or Looseness  
of the Belly.*

**T**Ake a hard Egg, and peel off the shell and put the smaller end of it hot to the Fundament or Arse-hole, and when that is cold, take another such hot, fresh, hard, and peeled Egg, and apply it as afore-  
said.

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*For to strengthen the weak Eyes  
Mr. Stepkin.*

**T**Ake one pint of red Rose water, Sugarcandy one ounce, Lapis Tutia two drams, both finely pulverised, put them into the Rosewater, and stir them well together, and after it hath stood twenty four hours, wet a bit of new clean sponge in the said water, and wash the sore eyes therewith lying backward, and when the water is a most spent, put into the glass more red Rose water.

*Arare Oyl, or St. Johns wort.*

**T**AKE a quart of Oyl Olive, one pint of White wine, two handfuls of Saint Johns-wort stripped, seeds and all; bruise them, and put them into the Oyl, and put to it Oyl of Turpentine two ounces; put all into a great double glass close stopped, and set it in the Sun ten days; then put the glass, with all that is in it, into a Kettle of water, with some Hay or Straw in the bottom, and let the water boyl gently for ten or twelve hours, then strain the Herbs from the Oyl, into which Oyl put as much fresh Saint Johns-wort and seeds bruised, and let it stand ten days more in the Sun; This Oyl will be then of a deep red colour, and will last seven years; it is good to heal any wound, the venemous bitings of Dogs or Serpents, and for Sprains.

*A Glyster for a hot Feaver.*

**T**AKE one handful of French Barley, boyl it a while in water till it be red, then pour off the water, and put the Barley into a quart of running water, with  
Mal.



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Mallow and Strawberry leaves, of each one handful, a few dried Cammomile flowers, and a spoonful of Anniseeds bruised; then boyl it half away, and strain it out, put to the liquor a sawcer of Oyl Olive, and four ounces of brown Sugar, with four spoonfuls of Syrup of Violets, use it something more than lukewarm.

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*An excellent Drink to keep ones  
Mouth moist.*

**T**Ake of Rosemary, Cinquefoil, and a stick of Liquorish bruised, seeth them in a quart of fair water till half be consumed, then strain it from the Herbs, and put in Sugarcandy, and let it seeth a while again, and then take it off the fire, and let the Patient drink thereof cold or luke warm.

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*To stay Vomiting.*

**S**Eeth a good quantity of Cloves in Ale very well, that it may be strong of the Cloves, then sweeten it with Sugar, and Drink it warm.

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*An excellent Receipt for Swounding, and  
bringing quickly to life.*

**T**AKE of the common round black Pepper, and bruise it a little, and take half a sheet of white Paper, fold it up together, and between every fold strew some of the same, and burn the one end thereof in the fire, and hold it to the Nostrils it is very good.

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*Against Fainting.*

**T**AKE Amber and scrape it, and put it in a spoonful of hot broth, and take it in the morning fasting, or at other times when you find your self faint, and fast an hour after.

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*Dr. Lukeners Medicine to strengthen  
the back.*

**T**AKE a pottle of fair water, and a Cock Chicken, then take three French Crowns weight of Sassafras, as much of China wood, one dram of Orango roots, one dram of Marsh

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Marsh Mallow roots, scrape and cut all these in small pieces, and put them in a close Pipkin; and paste it fast, that no air come out; and let it stand twenty four hours upon the fire and stew, but never boil; then open the pipkin, and put in one French Crowns weight of Fennil-seed, and red Rose leaves, Borage, Bugloss, and Rosemary flowers, of each a small quantity, of Prunes and Raisins of the Sun, each a handful, the bottom of a manchet, boil all these together very well till it come to a pretty thick broth, then strain it, and let the Patient take of h's a reasonable draught at eight in the morning, and at four in the afternoon for three daies together.

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*To hold Urine.*

**T**Ake the Claws of a Goat, and burn them to powder, and let the sick use hereof in their pottage a spoonful at once, it will help them.

*To*

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*To stay a Looseness.*

**T**Ake Sage, and dry it on the fire between two dishes, and then put it in a linnen bag, and sit upon it as hot as you can suffer it, and continue it till you find ease.

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*A singular Medicine that the marks of the Small Pox be not seen.*

**T**Ake a piece of fat Beef being thoroughly powdered, and boil it a great while then take a good quantity of the fattest broth, and strain it, and put thereto a quantity of red Rose water, and beat them well together a good while, and when the Pox begin to itch, anoint two or three times a day herewith till they be clean gone; and when the party is thoroughly well, let them take the broth of lean powdered Beef, and mingle it with white Wine, and so let them wash their Face therewith, and it shall bring it to smoothness and colour, as it was before; in any wise keep not the throat nor face too hot.

*To dry up the Small Pox*

**T**AKE half a pint of new cream, and as much Saffron as will make it of a deep Saffron colour, and boil together half a quarter of an hour, and keep it in a glass, and when the Pox begin to wheal warm some of the Oynment in a sawcer, and anoint them with a leather twice a day till they be dryed up.

*Dr. Eaglestones Cure for the small Pox  
or Measles.*

**T**AKE a quart of Ale or Beer, and seeth it in a skillett, and put thereto a good handful of Fennel, and six or seven Figs scraped; and cut in pieces, two good spoonfulls of Aniseeds, and a little Saffron, put all these to the drink, and let them seeth together till the liquor be more than half consumed, and in the seething scum it clean, and strain it into a bason, and when it is cold make a posset of the same Drink, and use to drink this often warm, and it will cause the disease to come forth.

*A most excellent Medicine that the Small Pox be not seen in the face.*

**W**Hen the Small Pox are clea'nly come forth, and that they begin to dry, take Sperma Ceti and warm it in a sawcer, and with a feather anoint all the places of centimes in the day, as often as it drieth up, that no point of the Pox or any other spots shall be seen.

*To keep the Small Pox out of the Throat.*

**T**Ake a litle Saffron, and dry it by the fire, beat it into a powder, and so boil it with a little Milk, and drink thereof morning and evening, and it is excellent both to keep them out of the Throat, and to bring them kindly out, that they be not within the body to endanger them.

*An Oyntment for the Small Pox when they begin to change at top and to prevent Holes. Proved.*

**T**Ake a piece of fat rusky Bacon, and scrape away the out side very pure, then

then tye it to a spit, and set a pewter bason with fair water under the same, and let the Bacon drop therein, and when the fat of it is dropped away, then with a spoon beat that and the water together a quarter of an hour, then let it stand till it be thorowly cold, then put the water out, and put the Card into another dish of fair water, so doing for four times, then after in like sort three times, with red Rose-water, then putting the wafer from it, being thorowly, put it up in a Gallipot; when you will use it melt it, and with a Feather anoint the Face day and night, once in a quarter of an hour, till the Scabs be clean off; and afterwards as long as there remaineth any scurfe.

*To keep the Small Pox out of the Eyes.*

**T**AKE a blade or two of the biggest Saffron, and put that and Womans milk together, and so let it be half an hour, and then with a Feather anoint every quarter of an hour the out and inner sides of the Eyelids round about as long as it is thought any Pox will come out; this will preserve the Eyes from all danger: use the like to the nostrils that the breath be not stopped.

*An excellent one for the Small Pox when they have appeared, and the party taken cold. Approved.*

**T**AKE a good handful of Cammomile, and not the flowers but the leaves, then seeth the same, and make Posset drink thereof, and let it taste very strong of the Cammomile, but take the curd away, then drink a good draught thereof very hot four or five times, or as often as need requireth, until the Pox appear again; this is also very excellent to stay any looseness in the body if it should be too bitter, you may put a little Sugar in it.

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*A Medicine to drive out the Small Pox.*

**T**AKE of distilled Taron water eight spoonfuls, and put thereto six grains of Bezar or Unicorns horn, or for want of those two, put so much Saffron, but the other is the better: let it be warm, double the portion as you see cause, taking nothing an hour before, nor an hour after.

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*Another of the same, and to preserve from  
being Infected.*

**T**Ake a quart of new milk, put thereto  
half a penniworth of English Saffron  
powdered, boil it till it be strong and yellow,  
give thereof a good draught warm in the  
morning fasting; take it every nine dayes  
three mornings together, mixed with Ivory  
and Harts-horn, of each a small spoonful.  
Use it as long as you fear Infection.

*Dr. Stephens for the Gout. Proved*

**T**Ake two pound of Virgins Wax, of  
Bores grease half an ounce, of sheeps  
suet two ounces, of Neats foot Oyl two  
ounces; of Plantan and Rose water each  
two drams, Spike water one dram, of Dra-  
gon water half an ounce; as much of Bo-  
rage water, and *Dr. Stephens* water, two  
Nutmegs, twelve Cloves, and some Mace  
of the best, beat them small together, and  
put them into a pot, and boil it over a soft  
fire, until it become a Salve; then chafe  
the place where the party is grieved as hot  
as he may suffer, and then spread it on a  
fine

fine linnen cloth, and lay it upon the place  
six or eight daies

*The Countess of Mountcagles excellent Me-  
dicine for the Cramp. Proved.*

**T**AKE a handful of the Herb called Per-  
riwinkle; some of it beareth a blue  
flower, and some white, and also take a  
good handful of Rosemary tops, put them  
into a Pewter dish, and set them upon coals,  
dry them and turn them very often, and  
when they are very hot, lay them upon the  
place that is so taken with the Cramp, and  
bind a cloth upon them, when you go to  
bed, and this will help you, take it in the  
morning, and lay fresh at night.

*A Posset Drink for one that is Heart sick  
to remove it thence, though it be  
the Plague.*

**T**AKE Ale and make Posset drink there-  
of, and clarifie it, then take Pimper-  
nel, and seeth in it till it be strong of it, and  
drink often thereof.

*Remedies against the Falling Sicknefs.*

**T**AKE Powder of Harts-horn, drink it with Wine, it helpeth that disease: so do Ravens Eggs taken with the juyce of Whild Rue, and the juyce of Missetoe.

*To avoid Phlegm.*

**T**AKE clarified Posset drink, and put thereto sweet butter, the yolk of an Egg, and a little Small Ginger, Hysop, red Mints and Sugar, let these seeth all together, drink thereof first and last as warm as you can suffer it,

*A very good means to stay a Looseness that  
happeneth in childbed.*

**F**irst in the water you mean to use quench a gad of steel sundry times, then take inward barks of the Sole, of the Bramble, and of the young Oak, of each a like quantity, and so much as will suffice according to the liquor you intend to make; if you use three pints of water, a pretty handful of

each bark will serve finely scraped; when they are well boiled, that one pint is wasted, strain your liquour, and make it into Almond Milk, with unblanched Almonds finely grown, then with well boiled Ivy thicken your Milk, and other Rice broth, and season it with Sugar and Cinamon finely beaten, let the party forbear drink as much as may be, and eat thereof once in two or three hours, a little at once, as her stomach will serve. If she have any gripe in her belly, I wish this to be used, which I know to be singular good for any stoppage by sudden cold in Childbed, Gather a great deal of Cammomile; and heat it well between two Chargers upon a Chafing dish of coals, and when the moisture of the Herb is somewhat spent, strew in a handful of bruised Cummin-seed, & sprinkle it now & then with a little Malmsey, & so being a little dryish, put it into a thin bag, and apply it to the belly as hot as may be suffered, and as it cooleth, warm it again, till she have ease: instead of Malmsey you may use Muscadine. This hath been many times proved.

*For a knock, or bruise in the Face.*

**T**AKE a piece of brown paper, and wet it in beer, and lay it where the knock is, and as it beginneth to dry, lay on fresh a good while together.

*For a Wen.*

**T**AKE Stone Lime and put it into water, till it have done boyliug, then take a quantity of it, and mix it with some barrel Soap, laying them both on a cloth, let it be applyed to it, and it will eat away the wen.

*Mr. Potter Chyrurgion. His Cure for a man that is bursten.*

**T**AKE the roots of baked Fern, and the Roots of Elecampane, of each a like quantity, wash and pare them clean, cut them as small as you can, and stamp them in a mortar as fine as you can, and temper it with Oyl of Bay, and two spoonfuls of Oyl of Exeter, and when you have made

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the

the Salve, spread it upon his Cod to his Belly, and lay the Plaister upon the hole, and remove it every two days, and then for the space of ten days, you must use another Salve or Plaister as followeth. Take a quarter of a pound of  
and the white of three or four Eggs; and temper them together; and when they are well tempered, put in two spoonfuls of Pescolion, temper all these together, and use the same as you did the former salve: when you take off the Plaister, you must lay fine clothes under the bolster of the Truss, until you think the skin be grown.

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*A Medicine to destroy Warts.*

**T**AKE Radish Root, and shred it thin, and put it in a pewter dish, and cast salt upon it, and cover it with another dish, and shake the slices up and down, and then take a piece thereof, and rub the Warts therewith, then throw away that, and use another, so three or four times a day.

*To take away Corns.*

**T**AKE Hogs grease that is not tried, and beat it with a Pestle, and spread it upon a piece of white Cotton on the rugged side, and bind it on the Corns, dressing it once or twice a day, and it will wear them away.

*To take away Freckles or Morpew.*

**T**AKE four spoonfuls of *Marydew*, and one spoonful of the Oyl of Tarter, mingle them together. and wash the places where the freckles be, and let it dry of it self, it will clear the skin, and take away all foul spots.

*The Lady Nevil for a sore Breast, by cold  
festring of Milk.*

**T**AKE of beans and linseed, of each one little handful, dry them and beat them to powder, then take a quantity of Milk, and the yolk of two new laid Eggs, and boyl them together, and put in the powder

of beans and linseed, and boyl it to a Poul-  
tess, and lay it to the breast as hot as may  
be endured, and it will both draw and heal  
it; dress it twice in a day.

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*Dr. Soper his water for a sore Eye, or any  
Defect, or Decay in the Sight.*

**T**Ake of red, or rather of white Rose  
water half a pint, Lapis Celaminaris  
half an ounce, Lapis Lucius as much, beat  
them both to powder, and finely searse  
them, the dropping of Dale, Rhenish  
Wine half a pint, Honey half a spoonful,  
anix whole Cloves, Plantain water half a  
quarter of a pint, of the Drugs of Aloes as  
much as a Walnut beaten to powder, and  
finely searsed, shake them very well toge-  
ther half an hour or more, then let them  
stand twenty four hours before you begin  
to use it, stop it close, and it will be good  
a year; when you use it, you must put in a  
drop with a quill into the corner of the Eye  
and let the party lean back a quarter of an  
hour; use it morning and evening.



*To take a white skin from the Eye that came  
by some blow, though a quarter of  
a year since.*

**T**AKE the gall of a white Cock Chick-  
en, and a drop or two of Life Ho-  
ney, mingle them together in a Sawcer on  
a few embers, and drop it three or four  
times a day into the Eye.

*For breaking out of young Childrens heads.*

**T**AKE Butter and Salt, and fry it toge-  
ther till it be black; and when it is  
cold, anoint their head. Or else take pure  
Sallet Oyl and Vinegar, and beat them to-  
gether, anoint the place morning and eve-  
ning till it be whole. Whey made with A-  
grimony and Scabious, and Wormwood, is  
excellent to clear the blood.

*An*

*An excellent Medicine for a Scald,  
or Burn newly done.*

**T**Ake Horse dung newly made, or as new as you can get, and strain it through a thin old cloth, and therewith anoint the place two or three times a day, and every time dip the cloth in the Horse dung, so strain it, and bind it to the Sore all day and night, it will cure you.

*The Countess of Arundels Drink  
for the Scurvey.*

**T**Ake of Fumitory and Scurvey-grass, that which grows by the Sea-side, of each twelve little handfuls, of Brooklime three little handfuls, of Water-creffes six little handfuls, wash and dry them very clean, and stamp them, and hang them in three gallons of strong Beer or Ale; when it is stale, drink a good draught in the morning, fasting an hour after, another an hour before dinner, and another half an hour before you go to bed, the  
more

more exercise you use after it the better, it is needful to be well purged, before you take this drink, or any other, use it three weeks or a month together, if you cannot have Green Fumitory, use dry.

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*Paracelsus his Plaister called Emplastrum Fodicatonum Paracelsi, good for many Diseases herein mentioned; translated out of of Latine into English.*

**T**Ake of the four Gums, that is to say, Galbanum, Opoponax, of each one dram, Ammoniacum, and Bedelium, of each two drams, let them be beaten very small, and put them in an earthen pot leaded or glazed, pouring upon the same very good Vinegar of Wine, and let them so remain a day and night, then boyl them in the same Vinegar upon a great fire, that the Gums may melt, and when they be thoroughly melted, pour out the same hot into a bag, wring or press the same, that they may be well cleansed from the dregs, which dregs must be cast away, take the said Liquor so strained out, and let it boyl till the Vinegar be wasted, and utterly evaporated :

porated; in the boyling you must continually stir it without ceasing, lest the Gums be burned, keep this very clean and covered, that nothing fall into it, then take Oyl Olive two pound, new Wax half a pound, and let them be put into an earthen pot, well leaded or glazed of a sufficient bigness, set the same on a fire of coals, and let them melt at leisure; at the length put into it a pound and half of Lithargy beaten into very fine powder, stirring it continually with a stick or spatula by little and little, untill it be thoroughly mixt together, and the matter be a tawny colour; afterwards take the aforesaid Gums that were first boyled, and put the quantity of a nut into the said matter, and so by little and little at several times, put into it such like quantity of the Gums at each time, till the Gums be all put in, and mixt well with the other things, and melted. And you must take heed withal, lest the matter be overmuch heated, and boyl over and run into the fire, for it is very hot of it self; afterwards put in the things following into it; of the two kinds of Aristolichia rotunda, Calaminaris, Myrrhe and Frankincense, of each one dram, beat them into fine powder, that are to be made into powder, and put them  
into

into the said matter, and pour on it one dram of Oyl of Bays, and put therein lastly four drams of white Turpentine, boyl them and stir them about continually with careful diligence, and when you will know whether it be sufficiently sodden, put a little thereof into cold water, and if it be not so soft that it cleave to your fingers, it is well, otherwise it must boyl longer, then take it from the fire, and pour it into a bason full of water, and when it is well cooled, that you may handle it, anoint your hand with Oyl of Cammomile or Roses, and knead it well three or four hours, and so lay it up in a cleansed vessel, it will last above fifty years, and be then as good as at the first day it was made.

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*The Vertue of the Emplaister out of  
Paracelsus.*

**I**T is good for old or new Sores, it dryeth, cleanseth, and breedeth good flesh, it confirmeth and comforteth, it healeth more in a week then any other in a month, it will not suffer any Sore to putrefie or corrupt, or any dead or evil flesh to grow; for Sinews cut, bruised, or pricked with a Thorn or  
ether

otherwise, it is most excellent; it draweth out of Wounds, Iron Wood or lead, and other the biting of venomous Beasts; it causeth all kind of imposthumes or Biles to ripen, if it be laid thereon; and it is most excellent against the Canker and Fistula, the Shingle or Saint *Antonies* fire; and also a soveraign and speedy help against all paines, to assuage all aches, and for all kind of wounds; also I *Thomas Potter* have found often experience, it is singular and special help for bones out of joynt, by laying one or two Plaisters, or three at the most: I have healed in fourteen dayes Arms out of joynt, so that those parties have said they have had no pain nor weakness after. Also for thrusts you must not rent them, unless they matter before you come to them, but only lay of this over it, and two Plaisters is commonly sufficient to heal it, or any other sore or swelling; but if dead flesh be in a sore before this Plaister be laid on, it will not destroy it, but it must be pluckt out; but if it find none, it will suffer none to breed. When you lay up this Plaister, put it in oyled paper or oyled leather, or both, it will keep it the better for over much drying, and you must lay it out of the Sun and Wind.

*For the biting of a mad Dog, or stinging  
of an Adder.*

**T**Ake a handful or more of Hazle-Nuts,  
a quarter as much of Rue, with a  
Clove of Garlick, stamp them all together,  
then take the juyce, and put a little Treacle  
to it; and if it be a man that is stung or bit-  
ten, give it him to drink in Beer, or Wine, or  
Ale; but if a Dog, give it in milk; then  
take that from whence the juyce came, and  
bind it to the place which was bit or  
stung.

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*For the biting of a Snake.*

**S**Tamp Garlick, and lay it to the place  
that is bitten,

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*Dr. Lukeners, for one stung with Wasps.*

**M**Ake a little Plaister of Treacle, and  
lay it upon the place that is so stung,  
and it will help it.

*An*

*An Oyntment for a great or hard Belly, by  
Ague, Worms, or Spleen*

**T**Ake the finest common Wormwood, Garden Tansey, Featherfew, Lavender, Kotton, Southernwood, unset Leeks, blades and all, parch leaves, herb grace, of each one little handful, wash them and dry them, then take a good pound of Barrows grease, and stamp all in a wooden dish, then set them eight or nine dayes in a Selar, or low place till they have a hoar all over them, then break them all together, and put them into a earthen pot, and set them on a soft fire, and let them boil a good hour, then strain them through a clean cloth into a Gallipot or glasse, and so keep it for a precious Oyntment, it will last a year well; when you use it, you must warm it, and anoint the belly of the Patient morning and evening. Proved by Mistris Joyce, Widdow,



*The old Lady of Oxfords Oyl of Excester, which is good for all manner of cold Gouts, Sciatica, and all manner of Aches in the Flesh and Bones, and also for Bruises. Proved. \**

**T**AKE one pound of Cowslip-flowers, picked out of their cases, gathered in *April* on a fair day when the dew is gone, and soufe them in Oyl Olive so much as will cover them, let them lie in it till *June* in a glass; then take Calamint, Hearb John, Sage, Agrimony, Southerawood, Pellitory of *Spain*, Rosemary, Wormwood, Penniroyal, Lavender, Cammomil, Hirse, Laurel leaves, flower of Lillies, Pelitory and Featherfew, the tenderness of the Ivy and Broom flowers, of each one little handful; stamp them all together well, and then infuse them in White wine, so that they may be covered all over therein, so let them remain fourteen or fifteen hours, then put them in Oyl Olive so that the liquor may near swim, so boil it together upon a soft fire, and stir it well till the rawness and wetness of the Oyl be gone, then strain it through a canvas cloth into a pewter dish, or glass, for earth nor wood will not hold it-  
and

and use it for a singular good Oyntment, and above all other approved. If there be any pieces in the pan which the said Oyl is boiled in, it will run out, after the Herbs are once hot; it must be continually stirred on a very little fire, no more then any Egg will abide without breaking.

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*To make a Sear-cloth against Swellings  
and Aches. Approved*

**T**AKE Bloom flowers two little handfuls, red Bramble leaves one little handfule, this bramble beareth but three leaves together, and groweth low on the ground. take it off on the middle leaf, a piece of unwashed Butter, and pound the Herbs aforesaid with two or three Cloves, and then boil them in Butter, and strain, and take a piece thereof, with a little piece of Wax, and being melted together, make a Sear-cloth with it. Also take Oyl of Broom, Bramble, and Butter, and temper it with a little *Aqua Vita*; it is good against Aches, to be used and rubbed on the Aches in the morning, but not at night.

*The Lady Leonards Green Oyntment.*

**T**Ake red Sage leaves, and Rue, of each one pound, the youngest Bay leaves and Wormwood, of each half a pound, gather these in the heat of the day, pick them; wash them not, cut them small, and beat them long in a fair Morter, then take half a pound of sheeps suet hot from the Sheep, mince it small, and put it to the Herbs, beat it together till it is all of one colour, then put all into a clean bowl, put it to a pottle of the best Oyl Olive, work all these well until all become a like soft, then put it into an earthen pot well stopt for eight dayes; then with a soft fire seeth it in a fair pan, put to it four drams of Oyl of Spike, when it is half sodden; being sodden, strain it through a clean Canvas into clean gallipots stopt close with Parchment and double sheeps leather, anoint the place grieved therewith, rubbing it every day before you leave it, if you put a clean warm cloth after you have anointed the place thereon it is better: this is made only in *May*, and will last many years being close stopt, and cool kept.

*The Lady Smiths Remedy to bring a young Child again when it is born.*

**T**AKE a little Coventry Blew Thred, burn it, and hold it to the Childes Nose, that the smoak may go up.

*To bring away the after-burden, although a day or two after the Delivery*

**T**AKE Rye, & crede it as you do Wheat, for Furmity, and make a Caudle of it so let her drink a good draught once or twice. This is proved.

*For one bound in body, though a Woman with Child.*

**T**AKE a pint of white Wine, a quarter of a pint of Damask Rose-water, twenty Damask Prunes, forty Raisins of the Sun stoned, a little whole Mace, and a few Anniseeds tied in a cloth; let all these boil leisurely

surely together, and put thereto either Sugarcandy, or fine Sugar, and when it is boiled to a Syrup, take out a little of it, and strain it through a fine cloth with a little Manna, and put into the Syrup and let it simmer together a good while; then put it into a glass, it will keep good a good while, as half a year, and when you have occasion to use it, you must take one of the said Prunes, and two or three Raisins, and eat them in the morning fasting; and take a spoonful also of the said Syrup fasting two or three hours after the same.

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*Dr. Atkinsons Glister for the Wind.*

**T**Ake, Cammomil, Millows, Violet-leaves, Bert-leaves, Bean and French Barley one little handfull, of Fennilseed and Anniseed each two spoonfuls; boil all these together with a Rack of Mutton till the flesh be very tender; then take a pint of the fattest liquor strained, and put into it two drams of the Oyl of Rue, or Oyl of Cammomile, and for want thereof a little dish Butter melted, two drams of course Sugar, and one or two yolks of Eggs.

*To bring away a dead Child,  
or afterburden.*

**T**Ake Saffron, Mace annd Cinnamon beat them to powder, and searse them, and take of the powder a just quantity, give as much as will lie upon the point of a knife in Ale, Beer, or one spoonful of what they best like.

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*Agente Purge which taketh away a Ter-  
tian Ague, being given the fourth  
Fit. Proved.*

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**T**Ake a dram of Rhubarb, and infuse it in Succory water six spoonfuls, three hours together on a very gentle fire, then strain it, and put in it half a dram of Syrup of Rhubarb, three spoonfuls of Syrup of Roses, and a spoonful of Cinamon water, take this fasting after the fourth fit when they are not sick; if this be too weak to purge a strong body, add thereunto two or three drams of the leaves of Senna, with a few Fennil seeds to quicken it more; if it be always made with this addition, it is the better.

*The*

*The Lady Gorings Water for an Ague, Sick-  
ness, or foulness in the Stomach, and  
to purge the Blood.*

**T**Ake the dung of a Stone horse that is kept in the stable when it is new made, mingle it well with Beer and a little Ginger, and a good quantity of Treacle, and distil in an ordinary still; give of this a pretty draught to drinke.

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*The Lady Gorings Remedy for a  
Burn or Scald.*

**T**Ake Hogs fat, or Seam made of it, melt it, but let it not boil, put into it the white of a new laid Egg, or two well beaten; and stir it continually on Embers; till it be like an Oyntment; keep it for your use, anointing the sore twice a day with it.

*The Lady Gorings Remedy for a sharp  
Urine.*

**B**Oil running water with Liquorish, till it be something strong of it, boil also in it a pipin or two; when it is boiled, put in also some brown Sugarcandy, drink of it every morning fasting a pretty draught.

*For deafness. Proved.*

**T**Ake linseed Oyl and *Aqua vite*, shake them together in a glass bottle, and set it in the sun a month or five weeks, shake it well every day, and when you use it, put a little into the ear, and stop it with a little black Wool.



*An approved Receipt to stop bleeding at the Nose, Wound, or cut in man or beast.*

**T**AKE the flax of a Hare, the Moss of an ash tree, and powder of Bolearmonick, chop them together, and wet them a little with fair water, and put it into the Nostril that bleeds, and stir it not in twenty four hours; if it be of a cut or wound, look first if there be not little pieces of loose flesh or skin that hangs; if there be, clip it away, or else the blood will not stay, then lay the aforesaid Medicine to it, and stir it not in twenty four hours.

*The Lady Nevils Remedy for the Stone.*

**T**AKE the Herb Aurea, or Gold Wire, dry it and keep it all the year, and every Fall of the moon take a spoonful of the Powder in six spoonfuls of Milk and water, and one of White Wine, or you may take it in Plantain-water, or Vervin-water, or any that is good for the Stone, it is also good to take it in the fit.

*The Lady Mildmayes Drink for a  
Cough or Cold.*

**T**Ake of Liquorish scraped and sliced,  
of Anniseeds rubbed and bruised, of  
Raisins of the Sun stoned, of Figs sliced,  
of Hyssop tops, of each one a little handful,  
and a great handfull of Colts-foot; boil all  
these in a gallon of running water, untill  
two or three parts be consumed, then strain  
it, and stir it in three or four good spoon-  
fuls of Honey; take this in the morning  
fasting, at four a clock in the afternoon,  
and when you go to bed, four spoonfuls at a  
time warm.

*Mrs. Chaunce her Receipt for the Spleen  
and Melancholy, the Preparative.*

**T**Ake of the roots of Parsley, Fennil,  
Bruscus, Sparagus, of each four  
ounces, the seeds of Fennel, Annise, and  
Caraway, of each a dram and half; of the  
bark of Capers and Tamarisk, of each an  
ounce & half, of the leaves of Mugwort, Bo-  
rage,

rage, Bugloss, of each one little handful, of Cetrarch and Dictamum each one little handful; boil all these things in three pints of Conduit water till half thereof be consumed, then strain it, and put to it Syrup of Harts-tongue, and Syrup of Succory, and Rhubarb in powder or sliced, of each four ounces, then let it stand all night, and the next day clarifie it, and after put to it the Spices of Letificans Galeni, and Diamuscum Ducle, each two scruples, take of this in the morning fasting six ounces, and as much an hour before supper, take it thus two daies together, then take the purge following.

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*Mrs. Chaunce her Purge.*

**T**Ake of Senna three drams, of Epithimum and Polypody of the Oak, each two drams, of Fennil, Annise, and Caraway seeds, each a dram and a half, Cardus seed two scruples; boil them all in a sufficient quantity of Conduit water, until it come to three ounces, then put to it of Rhubarb a dram & half, infused in Succory water, of the syrup of Augustanus, & syrup of Hearts-tongue

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tongue each one onnce, to make a Potien,  
and take it three times, every third day  
take one of these, and take it at night  
when you go to bed, of Diascordium two  
scruples of Alkermes dissolved in Borage  
water one dram.

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*Mr. Powel for the Stone and Cholick.*

**T**AKE the quantity of half an hazel-nut  
kernel of Mithridate, and somuch  
black Sope, and mix them together, and  
take a broad Onion, and cut off the top,  
and make it somewhat hollow, and put the  
black Sope and Mithridate in it, and cover  
it with the piece you cut off, wrap it in  
paper, and roste it in embars until it be  
very soft, then put it between two linen  
clothes warm, and lay to the Navil, and  
pin the clothes upon the back; so use it  
till you find ease.

*Mr.*

*Mr. Rowland Haughtons Rrceipts for the  
cure of the Stone.*

**T**Ake Arsemart, otherwise called red Shank, and distil it, and take it in the evening when you are warm in bed, to the quantity of half a pint, and the like, in the morning a little before you rise, about some four times, then take Barberries, and take the out side rinde of them, and beat them into very fine powder, and take every morning and evening, and drink either a draught of the said water, or small Beer after it; continue this, and it will cure you.

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*For an Aque congealed, or fallen  
into a Womans Breast.*

**T**Ake a quantity of stone Honey, and the rustiest Bacon you can get, Smal-lage, Alexander red Cole, Marigolds with black seeds of Groundsel, Plaintane, and Sage, of each a quantity; put all these in a mortar, and stamp them as small as you

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can

164 *The Pearle of Practise. Choice*

can, then lay the Salve upon a piece of white Leather, and to the place where you would have the Breast break; the Plaister must be spread upon the rough side of the Leather.

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*An approved Medicine by the Lady Bray  
for the Ague falling into any  
part of the Body.*

**T**Ake of Parsly one little handful, Smallage and Hemlock of each as much, chop them small, then stamp them and put thereto a quantity of Barrows grease, and stamp them all together, then boil them a good space, stirring it continually until it wax green, then strain it; and when you use thereof, take some in a sawcer, and anoint the place with a feather against the fire.

*The Lady Arundels especial Remedy for the  
Stone, Back, or Stomach, or to make  
a Woman Conceive*

**T**AKE the roots of Sea-holly, (it groweth by the Sea side, like little Trees of half a yard long, some name them Eringoes) and make it in sirup, and eat of it in the morning fasting, and at four a clock in the afternoon, and before you take it, take some gentle Pills, but once in the beginning.

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*The Lady Dacres Medicine proved, for  
the Stone and Strangury.*

**T**AKE black Bramble-berries when they be red, Ivy berries, the inner pith of Ashen Keys, Eglantine-berries, the Nut Keys, the roots of Filipendula, of all these a little, Acorns, and the stones of Sloes, of each a like quantity, but not so much of either of these as half of any of the other, dry all these in platters in an oven, till they will be beaten to powder, then take

Cromel-seed, Anniseed, Saxifrage, Alexander, Parsley Coriders, Fennil-seeds, the seeds of each of these the like quantity of the first, and dried it in like sort, then beat all together in the like sort to fine powder, then take Liquorish fair scraped the best you can get, as much in quantity as all these, and beat it fine, and mingle it with the powder, and keep it close from the wind, and to use it morning and evening with Posset Ale, with Time of the Mount boiled in it, make your Posset drink with White Wine, or other drink, and when you eat any pottage or other broth, put some of the powder in it if you be sore pained, and if you have any Stone, it will come away in shivers, and if it do so when you drink, your water is clear, take this drink following; and it will leave no corruption or uncleanness in the bladder.

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*The Drink.*

**T**AKE Rosemary and wild Time, and seeth them in running water with as much Sugar as will make it sweet; boil it from a quart to a pint, use the quantity  
of



of the Herbs to your discretion, so that it may savour of them well, and use it nine mornings, six or seven spoonfuls at a time.

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*Mr. Eldertons Medicine for the extremity  
of the Cholick and Stone.*

**T**AKE Ashen Keys, and dry them in an oven, take out the kernels from the husks, beat them into powder, and searse them fine, and keep it; then take Eglantine berries, dry and beat them as the other, then take of them with a feather, then searse it as above, take Houfleeck, dry and searse it as the other, take a little quantity of the three powders, and put them together, take Anniseeds, and Liquorish, of each a little quantity, dry them severally and powder them, being fine searsed, put them with the other three powders, a little quantity of both, and take a spoonful of these powders or less, and mingle all together, and put into it three or four spoonfuls of White Wine or Ale, and drink it in the morning, fasting one hour after it: thus drink it once in six dayes, or else when you are grieved,

and you shall never find pain of the Cholic nor Stone. The seed of great Nettles must be beaten to powder, and mixt with them, and it will be better.

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*For a Pin or Web in the Eye far gone.*

**T**Ake the marrow of a Goos-wing, and mingle the powder of Ginger therewith, dress the Eye therewith two or three times a day.

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*A Medicine for the Eye aching, or Redness thereof.*

**T**Ake a vial glass, and fill it full of fair running water, and put into it fine Sanguis Draconis, the quantity of a Hazle Nut, it will help the Eye.

*For*

*For sore Eyes that come from hot humours.*

**T**Ake Elder leaves, and chafe between your hands, and lay it to the Nape of the Neck.

*For the Pin and Web in the Eye, so it be taken before the sight be quite extinct.*

**T**Ake a little handful of three leaved grass, that hath the sign of the Moon in it, as much roots and leaves of Daisies, and seven or eight corns of Bay salt, beat all these together, then strain them through a cloth, and take two new laid Eggs, and beat the whites of them a good while, then let them stand a quarter of an hour, and then take off the froth clean, and take the clear of the whites, as much as the quantity of the juyce of the said Herbs, then take the quantity of two Hazle Nuts of English Honey and stir them together, and let the party be laid upright, then drop three drops with a feather into the Eye, and lie still a good while after; this must be used at least twice a day.

*For red Eyes, Pearl, Pin, or Web.*

**T**Ake Verjuyce that is made of Grapes, and put it morning and evening into the sore Eyes; some will put a little Salt with it.

*Dr. Friers excellent Remedy for Heat, and Pimples in the Face.*

**T**Ake of Plantain leaves four little handfuls, and of Mallows or Tansey one little handful, of Cinquefoil half a little handful, and as much of Strawberry leaves, there must be this quantity of every sort; when they are pickt clean, then take a pottle of new Milk hot from the Cow, and put it in a still with the same Herbs, untill it be dropped a quart, then let it drop no more; you may keep it a whole year in a glass, when you use it wet a cloth in some of it, and wash your face at night in bed, and often in the day; the best time to still it is in *May*.

*For*

*For Heat or Scurf in the Face.*

**T**Ake a pint of Cream, as thiek as can be scummed, then take of Cammo-mile one little handful, pick, wash, and shred it very small, then put it into the Cream, and let it boyl very softly till it comes to an Oyl, never stirring it after the putting in the Herbs at first, but scum it clean when you see the Oyl come to the top; then let it boyl a little faster, and then strain it through a fine linnen cloth, and then anoint the face therewith.

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*A very good Medicine for a Tetter.*

**T**Ake red Dock roots, wash them, scrape them, and cut them into slices, and lay them in White Wine Vinegar a night or a day, and then use it to the place grieved, washing the place with the root, and the liquor many times.

*To skin the rawnes of a Womans Nipple.*

**T**Ake a Deers foot, and take the marrow thereof, and anoint the Nipple therewith.

*To dry up Milk in a Womans Breast.*

**T**Ake a quantity of *Aqua vite*, and a quantity of sweet Butter, melt and temper them together, and anoint the breast therewith, laying a brown paper betwixt them, and so do as often as the paper drieth, till the Milk be dried up; this is also good to keep the Ague out of the breast.

*To make a Woman have a Nipple that hath none and would give suck.*

**T**Ake a Wicker Bottle that hath a little mouth, and fill it full of hot water, and stop it close till the bottle be through hot,

hot, then let out the water, and set the mouth of the bottle close to the Nipple; as long as there is any heat in the bottle it will cleave fast.

---

*To heal the Nipple of a Womans Breast.*

**T**Ake a quantity of Cream, and put it into the juyce of Valerian stamped and strained, and as much of the juyce of Sea-green used in like sort; boyl all these together till it come to be as Butter, then take it and put it into a box, and anoint the Nipple therewith three or four times a day, and lay a Walnut shell, or some other hollow thing over it to keep the clothes from it till it be whole, or else make a Posset Ale of Alum, and lay the curd to the Nipple warm, till the Child doth suck, and then lay on again.

---

*A Medicine for Worms in young Children.*

**T**Ake a Plaister of white Leather, or brown Paper, and spread it with Honey, warm it a little against the fire, but first strew some of the best Aloes Succotrinae there-

---

thereon, then lay it all over the stomach of the Child warm; the like Plaister is to be laid on the Childs Navil at the same time; if you have no Honey, mix the juyce of Plantain, and lay it on the Leather.

---

*Dr. Fosters Infusion purging Choller.*

**T**AKE Damask Roses two ounces, of Rhubarb two drams and a half, of Spiknard one scruple, of Orcin one scruple cut all small, and infuse in a quart of clarified whey all night, in the morning strain gently, and put to it one ounce of Syrup of Roses, or Syrup of Violets.

---

*Dr. Fosters Infusion purging Melancholly.*

**T**AKE Fumitory, Epithymum, flowers or leaves of Borage and Bugloss, of each a good half handfull, Polypody of the Oak one ounce, Senna half an ounce, Fennil-seed two drams, Whey three pints; infuse and boyl to a quart, whereunto add two ounces of Syrup of Roses solutive; the dose is half a pound, you may quicken a draught with a dram of Electuary of Roses.



*An opening purging Tulip, and cooling,  
for Choller and hot Humours.*

**T**Ake of Barley two little handfuls, of Savory with the roots, Maidenhair, Liverwort, Sorrel, each half a good handfule, of roots of Grass, of Fennil, each half an ounce, of the four cold seeds, each two drams, boyl them in a sufficient quantity of Succory water unto sixteen ounces, in which infuse half an ounce of Sena, Tamarindes and Polypody, of each three drams; Jalap and Hermodactils, of each two drams, Fennilseed, Anniseed, and Liquorish, of each one dram, Currans bruised half an ounce, of Borage, Bugloss, and Rosemary flowers, of each one dram; infuse these warm, then boyl them untill five ounces of the Succory water be consumed, then strain it, and add the expression of four scruples of Rhubarb infused in three ounces of Manna, and Syrup of Roses one ounce, of the Christals of Tartar one dram, mingle them; the Dose is four or five ounces every morning.

*Dr. Mores Powder, or grossly prepared Drug,  
to be taken in mornings, and after Meals  
to mend Concoction, comfort the Brain,  
break Winde, and make sweet Breath.*

**T**AKE Liqueurish cut small, Anniseed  
Comfits with one skin of Sugar, of  
each two ounces, sweet Fennilseed Comfits  
with one skin of Sugar, Corianders prepa-  
red, and Caraway-seed, of each one ounce,  
of white Ginger, Cinnamon, Calamus Aro-  
maticus, and Nutmegs, of each one ounce  
cut very small, of the Lozenges of Aromati-  
cum Rosatum, of Manus Christiæ, with  
Chymica, Oyl of Cinnamon, Cloves, and  
Lozenges of Diambra cut into small pieces,  
each half an ounce, to be taken about a  
spoonful at the time aforesaid.

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*Lucatello's Balsom admirable for  
all Wounds.*

**T**AKE Venice Turpentine one pound,  
Oyl Olive three pints, Sack six spoon-  
fuls, yellow Wax one pound, natural Bal-  
som half an ounce, Oyl of Saint Johns wort  
red Sanders powdered, of each one ounce,  
wash.

wash the Venice Turpentine three times in red Rose-water, then slice the Wax thin, and set it on the fire in a big skillet, and when it is well molten, put the Turpentine to it, and stir them well together, till they boyl a little, take it off the the fire, and let it cool till the next day, then cut it into thick slices, and pour all the water out of it, then set it on the fire again, and when it is molten, stir it well, and put it into the aforesaid Oyls, Sack, Balsom and Sanders, and stir them well together till they may incorporate, then let it boyl again for a short space, take it off the fire, and stir it well for the space of two hours, that it may become thick, and when it is cold, put it up in several Gallipots, and when you use it, apply it tented into a deep and hollow wound; if it be only a slight cut, anoint the Wound with it, and bind it fast on with the cloth.

*A Purge by Dr. Mayhern.*

**T**Ake of the best Sena six drams, Rhubarb two drams, Cream of Tartar half a dram, of sweet Fennil-seed as much, and a little Cinnamon; infuse all these one night in half a pint of White Wine, in the morning let it boyl one walm or two, strain it, and put of the best Manna an ounce, dissolve it over the fire, then strain it again, then put to it an ounce of Salatine, Syrup of Roses, so drink it, fast two hours after from meat, and drink, and sleep, and then drink nothing but thin broth.

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*An approved Medicine to beautifie the  
Face, or to take away Pimples,  
or Heat in the Face.*

**T**Ake a fair earthen Pipkin, and put into it a pottle of clean running water, and an ounce of white Mercury beaten to white powder, then set it on the fire, and let it boyl untill one half be consumed, and keep it close covered saving when you stir it,

it, then take the whites of six new laid Eggs beaten half an hour or more, and put it into the liquor, after it is taken from the fire, you must put in also the juyce of Lemons being very good, and half a pint of new Milk, and a quarter of a pound of bitter Almonds blanch'd and beaten, with half a pint of Damask Rose-water; strain all these together through a strainer, and let it stand three weeks before you use it, and I will warrant you fair.

*An excellent Water for the Eyes that are  
red or full of Rhume*

**T**Ake young Hazel Nuts, when they are so soft that you may thrust a pin through them, still them in a Rose still, husks, shells and all, and with the water wash your Eyes.

*To cure a Wound, though the Patient  
be never so far off.*

**T**AKE a quart of pure Spring water, and put into it some Roman Vitriol, and let it dissolve, then if you have any blood of the wound either in linnen or woollen, or silk, put the cloth so blooded in the water, and rub the cloth once a day, and if the wound be not mortal, the blood will out, if it be, it will not. Let the Patient keep his Wound clean, washing it with White Wine; when ever you wash the cloth, the party wounded shall sensibly find ease; let the cloth be constantly in the water.

*To make Oyl of Swallows.*

**T**AKE Swallows as many as you can get, ten or twelve at the least, and put them quick into a Morter, and put to them Lavender, Cotton, Spike, Cammomil, Knot-grass, Ribwort, Balm, Valerain, Rosemary tops, Woodbine tops, strings of Vines, French Mallows, the tops of Alehoof, Strawberry strings, Tutsane, Plantaine, Walnut leaves, tops of young Bayes, Hy-  
sop

fop, violet leaves Sage of vertue, fine Roman Woormood, Brooklime, Smallage. Mother of Time, of each of these a handful two of Cammomil, and two of red Roses, beat all these together, and put thereto a quart of Neatsfoot Oyl, or May Butter, stamp them all together, and beat them with one or two ounces of Cloves, and put them all together in an earthen pot, stop it very close with a piece of dough round about, so close that no air can come out; set them nine dayes in a cellar, and then take them out, and boil them six or eight hours on the fire, or else in a pan of water; but first open your pot, and put in half a pound of Wax white or yellow, whether you will, and a pint of Sallet Oyl, and strain them through a Canvas cloth.

---

*To make Lead Plaister.*

**T**Ake two pound and four ounces of the best and greenest Sallet Oyl, with a pound of good red Lead, and a pound of white Lead, beat them well into dust, then take twelve ounces of Castlesope, incorporate all these well together in a well glassed and great earthen pot, that

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the Sope may come upwards, set it on a small fire of coals the space of one hour and a half, alwayes stirring it with an Iron ball, or round pommil; then make your fire somewhat bigger until it be the colour of Oyl, then drop a little on the board, and if it cleave neither to your finger, nor the board, then it is enough; then take the clothes and make them into what breadth or size you please in Searcloth, let not your cloth be course, but of a reasonable new Holland, and when you have dipped them, then rub them with a slick stone, it will last two years, and the elder the better, as long as it will sti.k it is good.

---

*The Virtues of the Leaden Plaister.*

1. **I**F it be laid to the stomach, it provoketh appetite, and taketh away any grief in the same.

2. If laid to the belly, it is a present remedy for the ache.

3. If laid to the Reins of the back, it cureth and healeth the Bloody Flux, the running of the Reins, heat in the Liver, or weakness of the back.

4. It healeth all bruises and swellings,

it



it taketh away aches, it breaketh Felons, Pushes, and other Imposthumes, and healeth them.

5. It draweth out any running humor without breaking of the skin, and being applyed to the Fundament, it healeth any disease there growing.

6. The same laid to the head is good for the Eyes.

7. The same laid to the belly of a Woman, provoketh the Terms, and make apt for Conception,

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*For the stone and Gravel.*

**T**Ake and dry the roots of red Nettles, make them into powder, and drink a spoonful of the powder in a draught of White Wine something warm, and it will break the Stone, though it be never so great, with speed; use it every day untill the Stone and Gravel be all broken and consumed. A thing of small price, and great vertue.

*A Drink to purge the Body, being very good  
for them that have the Scurvey, or  
are inclined to it.*

**T**Ake a pottle of fine running water, and a pint of Rhenish Wine for a young body, and for any elder take a quart, set it on the fire, put into it three or four slices of Horss Radish, a great handful of Water-cresses and a handful of Brooklime, both a little bruised, slice in two or three Oranges, outsidcs and insides, let them boil all together better than half an hour, then have ready a greater quantity of Scurvey grafs bruised, or a pint of the juyce of Scurvey grafs ready strained, and put into the liquor, and set over the fire again, then there will arise a curd, which being taken off, put into the drink when it is cold three or four Lemons, more or less, as best pleaseth the taste, sweeten it with Sugar, & drink a Wine draught in the morning, and at four a clock in the afternoon, & then walk and use some exercise after it. The party that hath the Scurvey, and whose legs are much swelled; may put into the drink some Juaiper berries bruised, half an ounce, or thereabout.

*Dr. Bates his Medcine against a  
Consumption,*

**T**AKE Liverwort two handfuls, Succory six, Endiffe, Borage, Coltsfoot, of each six handfuls, shred these finely, put them in a gallon of new Milk, let them steep all night, in the morning destill them in a glafs still, then take three spoonfuls of red Rose-water, three spoonfuls of this water, with half a pint of red Cows Milk and as much Sugar of Roses as will sweeten it.

*To make Gascony Powaer*

**T**AKE the black tips of Crabs Claws, gotten when the Sun is in *Cancer*, pick out from within them all the fish; beat them to as fine a powder as you can, then searse it through a very fine searse, take an ounce of this powder, and put to it half an ounce of the Magistral of Pearle, and as much of the Magestical of Corial, mix them well together, then put a little Rose-water in a glafs, in which you must hang a little Saffron in a bag, and a little Musk and Ambergreece in another; let them hang in Rose-

water two or three dayes, till the virtue of them be gone into the water, then put your powder either into a silver Porringer, or a white earthen one, and put as much of the Rose-water as will moisten your powder, then dry it in the Porringer by a gentle fire, and so wet your powder three or four times and as often dry it, after this make a Gelly as followeth.

Take a Viper alive in *May* or *June*, cut off his head and tail, above the Navil pull off his skin, and with a clean cloth rub it dry, and so you may hang them up, and take two of those skins, and slice them small with a little Hearts-horn, and make a Gelly of them, you need not make much, then when your powder is dry, wet it three or four times with this Gelly, and as often dry it and at last put no more Gelly then will moisten the powder, then make it up in balls as big and as little as you please, and dry them in a stove, and so keep them all the year.

Take of this powder twelve or fourteen grains, either dry, or in a spoonful of small Beer, in which there is a little Syrup of Clove gilly flowers.

*Certain Plaisters and their Uses.*

1. **E**mplast. *Deminum* two pound ; it is good for all kind of bruises, or biles : or old sores. &c.

2. *Emplast. Mellilot* two pound ; it is good for all sorts of green wounds, or bruises, or swellings, or to breed flesh being wanting.

3. *Diapalma* two pound ; it is a very fine drying Plaister, and a good defensive to defend wounds from Inflammation, &c.

4. *Oxicroceum* four ounces ; it is an extraordinary good warming Plaister for broken bones, or any cold cause ; &c.

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*Certain Oymments and their Use.*

1. **U**nguentum *Dalthea* one half pound it is good to assuage pain, dissolve swelling or hardness.

2. *Unguentum Populeon* ; it is a gentle cooling Oymment for fire, or any great inflammation, or any burning.

3. *Unguentum Album* six ounces ; a fine cooling skinning Oymment to mix with others, &c.

4. *Unguentum Nervinum* four ounces ; it is good for all cold causes of the Sinews or Joynts,

5. *Unguentum Tutie* two ounces ; good for watering sore eyes.

6. *Unguentum Basilicon* seven ounces ; good to fill hollow ulcers with flesh, and apply a Plaister on the top of it.

7. Balsom two ounces ; good for all sorts of green wounds, being put in warm.

*A Receipt of the Oyl of Saint Johns-wort.*

**T**AKE a quart of the best White Wine, infuse therein pickt flowers of Saint Johns-wort, then stow those flowers very dry, and put in more into the same Wine, infuse them again, so long that the Wine be very strong and red coloured with the Saints Johns-wort, then strain out the Wine clear from the flowers, put thereto a pint of the best Sallet Oyl, a quarter of an ounce of Cinamon bruised, a quarter of Cloves bruised, one race of very good Ginger sliced, one good handful of the yellow flowers of Saint Johns-wort pickt very clean ; boil all these on a very soft fire, till the Wine be all evaporated ;

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evaporated ; when it is almost boiled, put in one good spoonful of pure Oyl of Turpentine, let that boil in it a little, so keep it for your use , the elder the better.

---

*A Receipt for an extraordinary wasting for the Back, and for the stone and Strangury, used by Justice Hutton.*

**T**Ake Plantain and Ribwort, distil them in an ordinary Rose Still ; when you have occasion to use it , take Pippins and roste them, and take away the skin and core, and put them into the water, making thereof a Lambswool as thick as you please, sweeten it with some Loaf Sugar, the sweeter the better , take thereof hal fa pint when you go to bed, and this do nine or ten nights together, especially when you feel an heat in the Back.

*For the Teeth,*

**I**F you will keep your Teeth from rotting or aching, wash the mouth continually every morning with juyce of Lemons, and afterward rub your Teeth with a Sage leaf, and wash your teeth after meat with fair water.

*To cure the Tooth-Ache.*

1. **T**AKE Mastich and chew it in your mouth till it is soft as Wax, then stop your Teeth with it, if hollow, there remaining till it is consumed, and it will certainly cure you.

2. The Tooth of a dead man carried about a man, presently suppresses the pains of the Teeth.



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A  
QUEENS  
DELIGHT

O R,  
THE ART  
O F  
*Preserving, Conserving,  
and Candying.*

As also,  
A right Knowledge of  
making PERFUMES, and  
Distilling the most Ex-  
cellent Waters.

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Never before Published.

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**QUEENS**  
**DELIGHT.**  
 OF

*Conserues, and Preserues, Candy-  
 ing and Distilling Waters.*

*To preserve white Pear Plums or green.*



Ake the Plums, and cut the  
 stalk off, and wipe them, then  
 take the just weight of them  
 in Sugar, then put them in a  
 skillet of water, and let them  
 stand in and scald, being close covered till  
 they be tender, they must not seeth when  
 thy be sof., lay them in a Dish, and co-  
 ver them with a cloth, and stew some o  
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the Sugar in the glass bottom, and put in the Plums, strewing the Sugar over till all be in, then let them stand all night, the next day put them in a pan, and let them boyl apace, keeping them clean scummed, and when your plums look clear, your Syrup will gelly, and they are enough. If your Plums be ripe, peel off the skins before you put them in the glass; they will be the better and clearer a great deal to dry, if you will take the Plums white; if green, do them with the rines on.

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*To Preserve Grapes.*

**T**AKE Grapes when they be almost through ripe, and cut the stalks off, and stone them in the side, and as fast as you can stone them strew Sugar on them; you must take to every pound of Grapes three quarters of a pound of Sugar, then take some of the sower Grapes, and wring the juyce of them, and put to every pound of Grapes two spoonfuls of juyce, then set them on the fire, and still lift up the pan and shake it round, for fear of burning to, then set them on again, and when the sugar is melted, boyl them as fast as you can possibly, and when they look very clear, and the

the Syrup somewhat thick, they are euough.

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*To preserve Quinces white.*

**T**AKE a pair and coar them, and to every pound of your equal weights in Sugar and Quince take a wine pint of water; put them together, and boyl them as fast as you can uncovered; and this way you may also preserve Pipins white as you do Quinces.

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*To preserve Respafs.*

**T**AKE a pound of Respafs, a pound of fine Sugar, a quarter of a pint of the juyce of Respafs, strew the Sugar under and above the Respafs, sprinkle the juyce all on them, set them on a clear fire, let them boyl as soft as is possible, till the Syrup will gelly, then take them off, let them stand till they be cold, then put them in a glass. After this manner is the best way.

*To preserve Pippins.*

**T**Ake fair Pippins, and boil them in fair water till they be somewhat tender, then take them out, & peel off the skins and put them into a fair earthen pot, and cover them till they be cold, then make the Syrup with fair Water and Sugar, seeth it, and scum it very clean, then being almost cold, put in your Pippins, so boil them softly together, put in as much rind of Oranges as you think will taste them, if you have no Oranges take whole Cinamon and Cloves, so boil them high enough to keep them all the year.

*To preserve Fruits green.*

**T**Ake Pippins, Apricocks, Pear-plums, or Peaches when they be green, scald them in hot water, and peel them or scrape them, put them into another water not so hot as the first, then boil them very tender, take the weight of them in Sugar, put to it as much water as will make a Syrup to cover them; then boil them something leisurely, and take them up, then boil the Syrup till it be somewhat thick, that it will  
batten

batten on a dish side, and when they are cold, put them together.

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*To preserve Oranges and Lemons  
the best way.*

**T**AKE and boyl them as for paste, then take as much Sugar as they weigh, and put to it as much water as will cover them by making a Syrup, then boyl them very leisurely till they be clear, then take them up and boyl the Syrup till it batten on the dish side, and when they are cold put them up, &c.

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*An approved Conserve for a Cough or Consumption of the Lungs.*

**T**AKE a pound of Elecampane Roots, draw out the pith, and boyl them in two waters till they be soft; when it is cold put to it the like quantity of the Pap of roasted Pippins, and three times their weight of brown sugarcandy beaten to powder, stamp these in a Mortar to a Conserve, whereof take every morning fasting as much as a Walnut for a week or fortnight together, and afterwards but three times a week.  
*Approved.*

*To make conserve of any of these Fruits.*

**W**Hen you have boiled your paste as followeth ready to fashion on the Pie-plate, put it up into Gallipots, and never dry it, and this is all the difference between Conservees. And so you may make Conservees of any Fruits, this for all hard Fruits, as Quinces, Pippins, Oranges and Lemons.

*To dry any Fruits after they are preserved, or Candy them.*

**T**Ake Pippins, Pears or Plums, and wash them out in warm water from the Syrup they are preserved in, strew them over with seased Sugar, as you would do flower upon fish to fry them; set them in a broad earthen pan, that they may lie one by one; then set them in a warm Oven or Stove to dry. If you will candy them withall, you must strew on Sugar three or four times in the drying.



*To preserve Artichoks young, green Walnuts  
and Lemons, and the Elecampane Roots,  
or any bitter thing.*

**T**Ake any of these, and boyl them tender, and shift them in their boyling six or seven times to take away their bitterness out of one hot water into another, then put a quart of Salt unto them, then take them up and dry them with a fair cloth, then put them into as much clarified Sugar as will cover them, then let them boyl a walm or two, and so let them stand soaking in the Sugar till the next morning, then take them up, and boyl the Sugar a little higher by it self, and when they are cold put them up.

Let your green Walnuts be prickt full of holes with a great pin, and let them not be long in one water, for that will make them look black: being boyled tender, stick two or three Cloves in each of them.

Set your Elecampane-Roots, being clean scraped, and shifted in their boylings a dozen times, then dry them in a fair cloth, and so boyl them as is above written, take half so much more than it doth weigh, because it is bitter, &c.

*To preserve Quinces white or red.*

**T**Ake the Quinces, and coar them, and pare them, those that you will have white, put them into a pail of water two or three hours, then take as much Sugar as they weigh, put to it as much water as will make a Syrup to cover them, then boyl your Syrup a little while, then put your Quinces in, and boyl them as fast as you can, till they be tender and clear, then take them up, and boyl the Syrup a little higher by it self, and being cold put them up. And if you will have them red, put them raw into Sugar, and boyl them leisurely close covered till they be red and put them not into cold water.

*To preserve Grapes.*

**T**Ake the Clusters, and stone them as you do Barberries, then take a little more Sugar then they weigh, put to it as much Apple water as will make a Syrup to cover them, then boyl them as you do Cherries as fast as you can, till the Syrup be thick and

and being cold pot it: thus may you preserve Barberries or English Currans, or any kind of Berries.

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*To preserve Pippins, Apricocks, Pear-Plums  
and Peaches when they are ripe.*

**T**AKE Pippins and pare them, bore a hole through them, and put them in a Pail of water, then take as much Sugar as they do weigh, and put to it as much water as will make a Syrup to cover them, and boyl them as fast as you can, so that you keep them from breaking, untill they be tender, that you may prick a Rush through them: let them be a soaking till they be almost cold, then put them up.

Your Apricocks and Peaches must be stoned and pared, but the Pear-Plums must not be stoned nor pared. Then take a little more Sugar than they weigh, then take as much Apple water and Sugar as will make a Syrup for them, then boyl them as you do your Pippins, and Pot them as you do the Pippins likewise, &c.

*To preserve Pippins, Apricocks. Pear-Plums,  
or Peaches green.*

**T**AKE your Pippins green and Coddle them in fair water, but let the water boyl first before you put them in, and you must shift them in two hot waters before they will be tender, then pull off the skin from them, and so case them in so much clarified Sugar as will cover them, and so boyl them as fast as you can, keeping them from breaking, then take them up, and boyl the syrup untill it be as thick as for Quiddony; then pot them, and pour the syrup into them before they be cold.

Take your Apricocks and Pear-Plums and boyl them tender, then take as much Sugar as they do weigh, and take as much water as will make the syrup, take your green Peaches before they be stoned and thrust apin through them, and then make a strong water of ashes, and cast them into the hot standing lye to take off the fur from them, then wash them in three or four waters warm, so then put them into so much clarified Sugar as will candy them; so boyl them, and put them up, &c.

*To dry Pippins or Pears without Sugar.*

**T**Ake Pippins or Pears and prick them full of holes with a bodkin, and lay them in sweet wort three or four days, then lay them on a sieves bottom, till they be dry in an Oven, but a drying heat. This you may do to any tender Plum.

*To make Syrup of Clove gilly-flowers.*

**T**Ake a quart of water, half a bushel of Flowers, cut off the whites, and with a sieve sift away the seeds, bruise them a little; let your water be boyled, and a little cold again, then put in your Flowers, and let them stand close covered twenty four hours; you may put in but half the flowers at a time, the strength will come out the better; to that liquor put in four pound of Sugar, let it lye in all night, next day boyl it in a Gallipot, set it in a pot of water, and there let it boyl till all the Sugar be melted and the Sugar be pretty thick, then take it out, and let it stand in that till it be through cold, then glass it.

*To make Syrup of Hyfop for Colds.*

**T**Ake a handful of Hyfop, of Figs, Raisins, Dates, of each an ounce, of Colli-pint half an handful, French Barley one ounce, boyl therein three pints of fair water to a quart, strain it and clarifie it with two whites of Eggs, then put in two pound of fine Sugar, and boyl it to a Syrup.

*To make Orange Water.*

**T**Ake a pottle of the best Maligo Sack, and put in as many of the peels of Oranges as will go in, cut the white clean off, let them steep twenty four hours; still them in a glasse still, and let the water run into the Receiver upon fine Sugar-candy; you may still it in an ordinary Still.

*To dry Cherries.*

**T**Ake a pound of Sugar, dissolve it in thin fair water, when it is boyled a little while, put in your Charries after they are stoned, four pound to one pound of Sugar, let them lye in the Sugar three days, then take them out of the Syrup and lay them on sieves

sieves one by one, and set them before the Sun upon stools, turn them every day, else they will mould; when they look of a dark red colour, and are dry then put them up, And so you may do any manner of Fruit. In the Sun is the best drying of them, put into the Syrup some juyce of Rasps.

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*To make juyce of Liquorish.*

**T**Ake English Liquorish and stamp it very clean, bruise it with a hammer, and cut it in pieces; to a pound of Liquorish thus bruised, put a quart of Hysop water, let them soak together in an earthen pot a day and a night, then pull the Liquorish into small pieces, and lay it in soak again two days more; then strain out the Liquorish, and boyl the liquor a good while. Stir it often; then put in half a pound of Sugar-candy, or Loaf-sugar finely beaten, four grains of Musk, as much Ambergrece, bruise them small with a little Sugar, then boyl them together till it be good and thick; still have care you burn it not; then put it out in glass plates, and make it into round rolls, and set it in a drying place till it be stiff, that you may work it into rolls to be cut as big as Barley corns, and so dry them.

on a place again: If it be needful strew on the place again a little Sugar to prevent thickning, so dry them still if there be need and if they should be too dry, the heat of the fire will soften them again.

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*A Perfume for Clothes, Gloves.*

**T**Ake of Linet two grains, of Musk three, of Ambergreece four, and the Oyl of Bems a pretty quantity; grinde them all upon a Marble stone fit for that purpose; then with a bruth or sponge rake them over, and it will sweeten them very well; your Gloves or Jerkins must first be washed in old red Rose-water, and when they are almost dry, stretch them forth smooth, and lay on the Perfumes.

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*To make Almond Bisket.*

**T**Ake the whites of four new laid Eggs, and two yolks, then beat it well for an hour together, then have in readiness a quarrer of a pound of the best Almonds blanch'd in cold water, and beat them very small with Bosc-wart, for fear of Oyling: then have a pound of the best Loaf-sugar finely beaten, beat that in the Eggs a while, then



then put in your Almonds, and five or six spoonfuls of the finest flower, and so bake them together upon paper plates, you may have a little fine Sugar in a piece of tiffany to dust them over as they be in the Oven, so bake them as you do Bisket,

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*To dry Apricocks.*

**F**irst stone them, then weigh them, take the weight of them in double refined Sugar, make the Syrup with so much water as will wet them, and boyl it up so high, that a drop being dropped on a Plate it will slip clean off, when it is cold, put in your Apricocks being pared, whilst your Syrup is hot, but it must not be taken off the fire before you put them in, then turn them in the Syrup often, then let them stand 3 quarters of an hour; then take them out, set the Syrup, and tie them up in Tiffanies, one in a tiffany or more, as they be in bigness, and whilst you are tying them up, set the Syrup on the fire to heat, but not to boyl, then put your Apricocks into the Syrup, and set them on a quick fire, and let them boyl as fast as you can, skim them clean, and when they look clear, take them from the fire, and let them  
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ley in the Syrup till the next day, then set the m on the fire to heat, but not to boyl; then set them by till the next day, and lay them upon a clean Sieve to drain, and when they are well drained, take them out of the Tiffanies, and so dry them in a stove, or better in the Sun with Glasses over them, to keep them from the dust.

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*To make Quinces for Pies.*

**W**Ipe the Quinces, and put them into a little vessel of small Beer when it hath done working; stop them close that no air can get in, and this will keep them fair all the year, and good.

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*The best way to break sweet Powder.*

**T**Ake of Orrice one pound, Calamus a quarter of a pound, Benjamin one half pound, Storax half a pound, Civet a quarter of an ounce, Cloves a quarter of a pound, Musk one half ounce, Oyl of Orange flowers one ounce, Lignum Aloes one ounce, Rosewood a quarter  
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of a pound, Ambergreece a quarter of an ounce. To every pound of Roses put a pound of powder the bag must be of Taffity, or else the powder will run through.

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*To make excellent Perfumes.*

**T**AKE a quarter of a pound of Damask Rose-buds cut clean from the Whites, stamp them very small, put to them a good spoonful of Damask Rose-water, so let them stand close stopped all night, then take one ounce and a quarter of Benjamin finely beaten, and also searsed, (if you will) twenty grains of Civit, and ten grains of musk; mingle these with the Roses, beating them well together, then make it up in little Cakes between Rose leaves, and dry them between sheets of Paper.

*To make Censeve of Roses boiled.*

**T**AKE a quart of red Rose-water, a quart of fair water, boil in the water a pound of Red Rose-leaves, the whites cut off, the leaves must be boiled very tender; then take three pound of Sugar, and put to it a pound at a time, and let it boil a little between every pound, so put it up in your pots.

*To make Conservees of Roses unboiled.*

**T**AKE a pound of red Rose-leaves, the whites cut off, stamp them very fine take a pound of Sugar, and beat in with the Roses, and put it in a pot, and cover it with leather, and set it in a cool place.

*To make a very good Pomatum.*

**T**AKE the Fat of a young Dog one pound, it must be killed well that the blood

blood settle not into the fat, then let the outer skin be taken off before it be opened, lest any of the hair come to the fat, then take all the fat from the inside, and as soon as you take it off fling it into Conduit water; and if you see the second Skin be clear, peel it and water it with the other; be sure it cools not out of the water: you must not let any of the flesh remain on it, for then the Pomatum will not keep. To one pound of this fat take two pound of Lambs tallow, and put it to the other in the water and when you see it is cold, drain it from the water into a Napkin, and break it in little pieces with your fingers, and take out all the little veins; then take eight ounces of Oyl of Tartar; and put in that first, stirring it well together, then put it into a Gallon of Conduit-water, and let it stand till night; shift this with so much Oyl and Water, morning and evening seven dayes together, and be sure you shift it constantly; and the day before you mean to melt it wring it hard by a little at a time, and be sure the Oyl and Water be all out of it, wring the water well out of it with a Napkin every time you shift it; then  
put

put in three pints of Rose-water ; let it stand close covered twelve hours , then wring out that , and put it in a pint of fresh Rose-water into a high Gallipot with the feces ; then tie it close up , and set it in a pot of water , and let it boil two hours , then take it out , and strain it into an earthen Pan , let it stand till it be cold ; then cut a hole in it , and let out the water , then scrape away the bottom , and dry it with a cloth , and dry the pan ; melt it in a Chafing-dish of Coals , or in the Gallipots ; beat it so long , till it look very white and shining ; then with your hand fling it in fine Cakes upon white paper<sup>s</sup> , and let it lye till it be cold , then put it into Gallipots . This will be very good for two or three years .

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*To make Raisin Wine*

**T**AKE two pound of Raisins of the Sun shred , a pound of good powdered Sugar , the juyce of two Lemons , one pill , put these in an earthen pot with a top , then take two gallons of water , let it boil half an hour , then take it hot from the fire , and put it into the pot , and  
cover

cover it close for three or four dayes, stirring it twice a day, being strained put it into bottles, and stop it more close, in a fortnight or three weeks it may be drunk; you may put in Cloves, Gilly flowers, or Cowslips, as the time of year is when you make it; and when you have drawn this from the Raisins, and bottled it up, heat two quarts of water more put it to the ingredients, and let it stand as aforesaid. This will be good, but smaller than the other, the water must be boiled as the other.

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*To make Raspberry Wine.*

**T**AKE a Gallon of good Rhennish Wine, put into it as much Raspberries very ripe as will make it strong, put it in an earthen pot, and let it stand two dayes, then pour your Wine from your Raspberries, and put into every bottle two ounces of Sugar, Stop it up, and keep it by you.

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*The best way to preserve Cherries.*

**T**AKE the best Cherries you can get, and cut the stalkes something short, then for every

every pound of those Cherriestake two pound of other Cherries, and put them off their stalks and stones, put to them ten spoonfuls of fair water, and then set them on the fire to boil very fast till you see that the colour of the syrup be like pale Claret wine, then take it off the fire, and drain them from the Cherries into a Pan to preserve in. Take to every pound of Cherries a quarter of Sugar, of which take half, and dissolve it with the Cherry water drained from the Cherries, and keep them boiling very fast till they will gelly in a spoon, and as you see the syrup thin, take off the Sugar that you kept finely beaten, and put it to the Cherries in the boiling; the faster they boil, the better they will be preserved, and let them stand in a Pan till they be almost cold.

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*A Tincture of Ambergreece.*

**T**Ake Ambergreece one ounce, Musk two drams, spirit of wine half a pint, or as much as will cover the Ingredients two or three fingers breadth, put all into a glass, stop it close with a Cork and Bladder; set it in Horse dung ten or twelve



twelve days, then pour off gently the Spirit of Wine, and keep it in a glass close stoppt, then put more spirit of wine on the Ambergreece, and do as before; then pour it off, after all this the Ambergreece will serve for ordinary uses. A drop of this will presume any thing, and in Cordials it is very good.

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*To make Usquebash the best way.*

**T**AKE two quarts of the best *Aqua vite*, four ounces of scraped liquorish, and half a pound of sliced Raisins of the sun, Anniseeds four ounces, Dates and Figs, of each half a pound, sliced Nutmeg, Cinnamon, Ginger, of each half an ounce, put these to the *Aqua vite*, stop it very close, and set it in a cold place ten dayes, stirring it twice a day with a stick, then strain or sweeten it with Sugarcandy; after it is strained, let it stand till it be clear, then put into the glass Musk and Ambergreece; two grains is sufficient for this quantity.

*To preserve Cherries with a quarter of their weights in Sugar*

**T**AKE four pound of Cherries, one pound of Sugar, beat your Sugar and strew a little in the bottom of your skillet, then pull off the stalks and stones of your Cherries, and cut them cross the bottom with a knife; let the juyce of the Cherries run upon the Sugar; for there must be no other Liquor but the juyce of the Cherries; cover your Cherries over with one half of your Sugar, boil them very quick, when they are half boiled, put in the remainder of your Sugar, when they are almost enough, put in the rest of the Sugar, you must let them boil till they part in sunder like Marmalade, stirring them continually; so put them up hot into your warm Marmalade glasses,

*To make Gelly of Pippins.*

**T**AKE Pippins, and pare them, and quarter them, and put as much water to them as will cover them, and let them boil till all the vertue of the Pippins are out; then strain them, and take to a pint of that liquor

liquor a pound of Sugar, and cut long threads of Orange peels, and boil in it, then take a Lemon, and pair and slice it very thin, and boil it in your liquor a little thin ; take them out, and lay them in the bottom of your glass, and when it is boiled to a gelly, pour it on the Lemons in the glass. You must boil the Oranges in two or three waters before you boil it in the gelly.

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*To make Apricock Cakes*

**T**AKE the fairest Apricocks you can get, and parboil them very tender, then take off the Pulp and their weight of Sugar, and boil the Sugar and Apricocks together very fast ; stir them ever lest they burn to, and when you can see the bottom of the Skillet it is enough, then put them into Cards sowed round, and dust them with fine Sugar, and when they are cold stone them, then turn them, and fill them up with some more of the same stuff ; but you must let them stand for three or four dayes before you turn them off the first place ; and when you find they begin to candy, take them out of the Cards, dust them with Sugar again ; so do ever when you turn them.

*To*

*To preserve Barberries the best way.*

**F**irst stone them and weigh them, half a pound of sugar to half a pound of them, then pare them and slice them into that liquor, take the weight of it in sugar; then take as many Rasberries as will colour it, and strain them into the liquor, then put in the sugar, boil it as fast as you can, then skim it till it be very clear, then put in your Barberries, and that sugar you weighted, and so let them boil till the skin be fully risen up, then take them off, and skin them very clean, and put them up.

*To make Lozenges of Red Roses,*

**B**oil your sugar to sugar again, then put in your Red Roses being finely beaten and made moist with the juyce of a Lemon, let it not boil after the Roses are in, but pour it upon a Pyeplate, and cut it into what form you p'case.

*To make Chips of Quinces.*

**F**irst scald them very well, then slice them into a dish, and pour a Candy Syrup to them scalding hot, and let them stand all night, then lay them on plates, and searse sugar on them, and turn them every day; and serape more sugar on them till they be dry. If you would have them look clear, heat them in syrup, but not to boil.

*To make Sugar, of Wormwood, Mint, Anni-seed, or any other of that kind.*

**T**ake double refined Sugar, and do but wet it in fair water, or Rose-water and boil it to a Candy, when it is almost boiled take it off, and stir it till it be cold; then drop it three or four drops of the Oyls of whatsoever you will make, and stir it well; then drop it on a board, being before sifted with Sugar.

*To make Syrup of Lemons or Citrons.*

**P**Are off all the rindes, then slice your Lemons very thin, and lay a lare of  
sugar

Sugar finely beaten, and a lare of Lemons in a silver bason till you have fitted it, or as much as you mean to make, and so let it stand all night; the next day pour off the liquor that runs from it into a glafs through a Tiffany strainer. Be sure you put Sugar enough to them at the first, and it will keep a year good, if it be set up well.

*To make Jambals of Apricocks or Quinces*

**T**Ake Apricocks or Quinces, and Coddle them tender, then take their Pulp and dry it in a dish over a Chafing-dish of coals, and set it it a stone for a day or two, then beat it in a stone Morter, putting in as much Sugar as will make a stiff paste; then colour it with Saunders, Cochinele or blew Starch, and make it up in what colour you please, rowl them with battle-doors into long pieces, and tye them up in knots, and so dry them,

*To make Cherry water.*

**T**Ake nine pound of Cherries, pull out the stones and stalks, break them with  
your

your hand, and put them into nine pints of Claret Wine, take nine ounces of Cinnamon, and three Nutmegs, bruise them; and put them into this, then take of Rosemary and Balm, of each half a handful, of sweet Marjoram a quarter of a handful; put all these with the aforementioned into an earthen pot well leaden; so let them stand to infuse twenty four hours; so distill it in a Limbeck, keeping the strongest water by it self, put some Sugar finely beaten into your glasses. If your first water be too strong, put some of the second to it as you use it. If you please you may tye some Musk and Ambergreece in a rag, and hang it by a thread in your glass.

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*To make Orange Cakes.*

**T**AKE Oranges and pare them as thin as you can, then take out the meats clean, and put them in water; let them lye about an hour, shift the water, and boil them very tender in three or four waters, then put them up, and dry them on a cloth: mince them as small as you can, then put them into a dish, and squeeze all the juyce of the meat into them, and

let them stand till the next day, take to every pound of these a pound and a quarter of double refined Sugar. Boil it with a spoonful of water at the bottom to keep it from burning till it be Sugar again ; then put in your Oranges and let them stand and dry on the fire , but not boil ; then put them on glass plates, and put them in a stove, the next day make them into Cakes, and so dry them as fast as you can.

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*To preserve Oranges the French way.*

**T**AKE twelve of the fairest Oranges and best coloured , and if you can get them with smooth skins they are the better , and lay them in Conduit water six dayes and nights , shifting them into fresh water morning and evening : then boil them very tender, and with a knife pare them very thin , rub them with salt , when you have so done, core them with a coring Iron , taking out the meat and seeds ; then rub them with a dry cloth till they be clean , and to every pound of Oranges a pound and half of Sugar , and to a pound of sugar a pint of water ; then mingle your sugar and water well together in a large skillet or pan ; beat the whites of three Eggs,



Eggs and put that into it, then set it on the fire, and let it boil till it rises, and strain it through a Napkin; then set it on the fire again, and let it boil till the Syrup be thick, then put in your Oranges, and make them scethe as fast as you can, now and then putting in a piece of fine loaf sugar the bigness of a walnut, when they have boiled near an hour, put into them a pint of Apple water; then boil them apace, and half a pint of White Wine, this should be put in before the Apple-water, when your Oranges are very clear, and your sirup so thick that it will gelly, (which you may know by setting them to cool in a spoon) when they are ready to be taken off from the fire; then put in the juyce of eight Lemons warm into them, then put them into an earthen pan, and so let them stand till they be cold, then put every Orange in a several glass or pot; if you do but six Oranges at a time, it is the better.

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*To preserve green Plums.*

**T**He greatest Wheaten Plum is the best, which will be ripe in the midst of

*L 2**July,*

*July*, gather them about that time, or later, as they grow in bigness, but you must not suffer them to turn yellow, for then they never be of good colour; being gathered, lay them in water for the space of twelve hours, and when you gather them, wipe them with a clean linnen cloth, and cut off a little of the stalks of every one, then set two skillets of water on the fire, and when one is scalding hot put in your Plums, and take them from the fire, and cover them, and let them rest for the space of a quarter of an hour; then take them up, and when your other skillet of water doth boil, put them into it; let them but stay in it a very little while, and so let the other skillet of water, wherein they were first boiled, be set to the fire again, and make it to boil, and put in your Plums as before, and then you shall see them rivet over, and yet your Plums very whole; then while they be hot, you must with your knife scrape away the riveting; then take to every pound of plums a pound and two ounces of Sugar finely beaten, then set a pan with a little fair water on the fire, and when it boils, put in your Plums, and let them see the half a quarter of an hour till you see the colour wax green, then set them

them off the fire a quarter of an hour, and take a handful of Sugar that is weighed, and strow it in the bottom of the pan wherein you will preserve, and so put in your Plums one by one, drawing the liquor from them, and cast the rest of your Sugar on them: then set the pan on a moderate fire, letting them boil continually but very softly, and in three quarters of an hour they will be ready, as you may perceive by the greenness of your Plums, and thickness of your Syrup, which if they be boiled enough, will gelly when it is cold; then take up your Plums, and put them into a Gallipot, but boil your Syrup a little longer, then strain it into some vessel, and being blood-warm, pour it upon your Plums, but stop not the pot before they be cold. Note also you must preserve them in such a pan, as they may lye one by another. and turn of themselves; and when they have been five or six days in the Syrup, that the Syrup grow thin, you may boil it again with a little Sugar, but put it not to your Plums till they be cold. They must have three scaldings, and one boiling.

*To dry Plums.*

**T**Ake three quarters of a pound of sugar to a pound of black Pear-plums, or Damfins, slit the Plums in the creft, lay a lay of Sugar with a lay of Plums, and let them stand all night; if you stone the Plums, fill up the place with Sugar, then boil them but gently till they be very tender, without breaking the skins, take them into an earthen or silver dish, and boil your Syrup afterwards for a gelly, then pour it in your Plums scalding hot, and let them stand two or three dayes, then let them be put to the Oven after you draw your bread, so often untill your Syrup be dried up, and when you think they are almost dry, lay them in a sieve, and pour some scalding water on them, which will run through the sieve, and set them in an Oven afterwards to dry.

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*To preserve Cherries the best way, bigger  
then they grow naturally, &c.*

**T**Ake a pound of the smallest Cherries, and boil them tender in a pint of  
fair

fair water, then strain the liquor from the substance, then take two pound of good Cherries, and put them in a preserving pan with a lay of Cherries, and a lay of sugar then pour the sirup of the other Cherries about them, and so let them boil as fast as you can with a quick fire, that the sirup may boil over them, and when your sirup is thick and of good colour, then take them up, and let them stand a cooling by partitions one from another, and being cold you may pot them up.

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*To preserve Damfins, red Plums or black.*

**T**Ake your Plums newly gathered, and take a little more Sugar then they do weigh, then put to it as much water as will cover them; then boil your sirup a little while, and so let it cool, then put in your Damfins or Plums, then boil them leasurely in a pot of seething water till they be tender, then being almost cold pot them up.

*To dry Pippins or Pears.*

**T**Ake your Pippins, Pears, Apricocks, pare them, and lay them in a broad earthen pan one by one, and so rowl them in searsed Sugar as you flower fried fish; put them in an Oven as hot as for manchet, and so take them out, and turn them as long as the Oven is hot; when the Oven is of a drying heat, lay them upon a Paper, and dry them on the bottom of a Sieve; so you may do the least Plum that is.

*To dry Pippins or Pears a nother way.*

**T**Ake Pippins or Pears, and lay them in an earthen Pan one by one, and when they be baked plump and not broken, then take them out, and lay them up, and lay them upon a Paper, then lay them on a Sieves bottom, and dry them as you did before.

*To dry Apricocks tender*

**T**Ake the ripest of the Apricocks, pare them, put them into a silver or earthen Skillet, and to a pound of Apricocks put three quarters of a pound of Sugar, set your

your Apricocks over your fire ; stirring them till they come to a pulp and set the Sugar in another skillet by boiling it up to a good height, then take all the Apricocks, and stir them round till they be well mingled , then let it stand till it be something cold and thick , then put it into cards, being cut of the fashion of an Apricock, and laid upon glass plates ; fill the Cards half full, then set them in your stove ; but when you find they are so dry that they are ready to turn; then provide as much of your pulp as you had before , and to put to every one a stove , when they are turned , ( which you must have said before ) and pour the rest of the Pulp upon them, so set them into your stove, turning them till they be dry.

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*To dry Plums*

**T**AKE a pound of Sugar to a pound of Plums, pare them, scald your Plums then lay your Plums upon a sieve till the water be drained from them, boil your Sugar to a Candy heighth, and then put your Plums in whilest your sirup is hot , so warm them every morning for a week, then take them out , and put them into your stove and dry them.

*To dry Apricocks.*

**T**Ake your Apricocks , pare and stone them, then weigh half a pound of sugar to a pound of Apricocks , then take half that sugar, and make a thin sirup , and when it boileth , put in the Apricocks , then scald them in that sirup ; then take them off the fire , and let them stand all night in that Sirup , in the morning take them out of that sirup , and make another sirup with the other half of the sugar , then put them in , and preserve them till they look clear ; but be sure you do not do them so much as those you keep preserved without drying ; then take them out of that Syrup , and lay them one a piece of plate till they be cold ; then take a skillet of fair water , and when the water boils take your Apricocks one after another in a spoon , and dip them in the water first on one side , and then on one the other ; not letting them go out of the spoon : you must do it very quick , then put them on a piece of a plate , and dry them in a Stove , turning them every day ; you must be sure that your Stove or Cub-



bord where you dry them , the heat of it be renewed three times aday with a temperate drying heat untill they be something dry , then afterwards turn once as you see cause.

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*Conserves of Violets the Italian manner.*

**T**Ake the leaves of blue Violets separated from their stalks and greens, beat them very well in a stone Morter, with twice their weight of Sugar, and reserve them for your use in a glass vessel.

*The Vertues.*

The heat of Choller it doth mitigate , extinguisheth thirst , asswageth the belly and helpeth the Throat of hot hurts , sharp droppings and driness , and procureth rest. It will keep one year.

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*Conserves of red Roses the Italian manner.*

**T**Ake fresh red Roses not quite ripe , beat them in a stone Morter, mix them with double their weight of Sugar, and put them in a glass close stopped, being not full, let them remain before you use them three months, stirring of them once a day

*The virtues.*

The Stomach, Heart, and Bowels it cooleth, and hindereth vapours, the spiring of blood and corruption for the most part (being cold) it helpeth. It will keep many years.

*Conserve of Borage Flowers after the Italian manner.*

**T**Ake fresh Borage flowers cleansed well from their heads four ounces, fine Sugar twelve ounces, beat them well together in a stone mortar, and keep them in a vessel well placed.

The virtues are the same with Bugloss flowers.

*Conserve of Rosemary flowers after the Italian manner.*

**T**Ake new Rosemary Flowers one pound of white Sugar one pound, so beat them together in a Marble Mortar with a wooden Pestle, keep it in a galli-pot, or vessel of earth well glassed, or in one of hard stone. It may be preserved for one year or two.

*The Virtues.*

It comforteth the heart, the stomach, the brain, and all the nervous parts of the Body.

*Conserve of Bettony after the Italian way.*

**B**ettony new and tender one pound, the best Sugar three pound, beat them very small in a stone Mortar, let the Sugar be boyled with two pound of Bettony. water to the consistence of a Syrup, at length mix them together by little and little over a small fire, and make a Conserve, which keep in a glass.

*The Virtues.*

It helpeth the cold pains of the head, purgeth the stomach and womb; it helpeth stoniness of the Reins, and farthereth Conception.

*Conserve of Sage.*

**T**Ake new flowers of Sage one pound, Sugar one pound; so beat them together very small in a marble Mortar, put them in a vessel well glassed and steeped, set them in the Sun, stir them

them daily ; it will last one year.

*The Virtues.*

It is good in all cold hurts of the brain, it refresheth the Stomach, it openeth obstructions, and takes away superfluous and hurtful humours from the stomach.

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*Conserve of the flowers of Lavender.*

**T**Ake the flowers being new, so many as you please, and beat them with three times their weight of white Sugar, after the same manner as Rosemary flowers; they will keep one year.

*The Virtues.*

The Brain, the stomach, Liver, Spleen, and Womb it maketh warm, and is good in the Suffocation of the Womb. hardness of the Spleen, and for the Apoplex.

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*Conserve of Marjoram.*

**T**He Conserve is prepared as Bettony, it keepeth a year.

*The Virtues.*

It is good against the coldness, moistness of the Brain, the Stomach, and

<sup>a</sup>nd it strengthneth the Vital Spirits.

*Conserve of Piony after the Italian way.*

**I**N the Spring take of the Flowers fresh  
half a pound, Sugar one pound, beat  
them together in a good stone Martar, then  
put them in a glass, and set them in the  
sun for three months, stirring them daily  
with a wooden Spathula.

*The Virtues.*

It is good against the Falling-sickness,  
and giddiness of the head, it cleanseth the  
Reins and Bladder.



**T**ouching Candies, as  
followeth.

*To Candy Rosemary-flowers in the Sun.*

**T**Ake Gum-Dragon, and steep it in  
Rose-water, then take the Rose-  
mary,

mary flowers, good coloured, and well pickt, and wet them in the water that your Gum Dragon is steeped in, then take them out, and lay them upon a Paper, and strew fine Sugar over them; this do in the hot Sun, turning them, and strewing Sugar on them, till they are candied, and so keep them for your use.

*To make Sugar of Roses.*

**T**AKE the deepest coloured red Roses, pick them, cut off the white bottoms, and dry your red leaves in an Oven, till they be as dry as possible, then beat them to powder and searse them, then take half a pound of Sugar beaten fine, put it into your pan with as much fair water as will wet it; then set it in a chaufing-dish of coals, and let it boyl till it be Sugar again, then put as much powder of Roses that will make it look very red, stir them well together, and when it is almost cold, put it into pales, and when it is thoroughly cold, take them off, and put them in boxes.

*To Candy Pippins, Pears, Apricocks  
or Plums.*

**T**Ake of these fruits being pared, and strew sugar upon them as you do flower upon frying fish; then lay them on a board in a Pewter dish, so put them into an Oven as hot as for Manchet; as the liquor comes from them, pour forth, turn them, and strew more Sugar on them, and sprinkle Rosewater on them, thus turning and sugaring of them three or four times, till they be almost dry, then lay them on a Lettice Wire, or on the bottom of a sieve in a warm Oven, after the bread is drawn out, till they be full dry, so you may keep them all the year.

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*To candy or clear Rockandy flowers.*

**T**Ake spices, and boyl them in a Syrup of Sugar, then put in the flowers, boyl them till they be stiff, when you spread them on a Paper, lay them on round Wires in an earthen pan, then take as much hard Sugar as will fill your pan, and as much water as will melt the Sugar, that is half a pint to every pound, then

then beat a dozen spoonfuls, of fair water, and the white of an Egg in a bason, with a birchin rod till it come to a Froth, when your Sugar is all melted and boyled, put the froth of the Egg in the hot Syrup, and as it riseth, drop in a little cold water; so let it boyl a little while, then scum it, then boyl it to a Candy height, that is, when you may draw it in small threads between your finger and your thumb: then pour forth all your Syrup that will run from it in your pan, then set it a drying one hour or two, which done, pick up the wiers, and take off the flowers, and lay them on papers, and so dry them.

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*To Candy Spanish flowers.*

**T**Ake the Blossomes of divers sorts of flowers, and make a syrup of water and sugar, and boyl it very thick, then put in your Blossoms, and stir them in their boiling, till it turn to Sugar again, then stir them with the back of a spoon, till the Sugar fall from it; so you may keep them for Sallets all the year.



*To Candy Grapes, Cherries or Barberies.*

**T**AKE of these fruits, and strew fine sifted sugar on them, as you do flower on frying fish, lay them on a lettice of wier in a deep earthen pan, and put them into an Oven, as hot as for manchet; then take them out, and turn them and sugar them again, and sprinkle a little Rose-water on them, pour the Syrup forth as it comes from them, thus turning and sugaring them till they be almost dry, then take them out of the earthen pan, and lay them on a lettice of wier, upon two billets of wood in a warm Oven, after the bread is drawn, till they be dry and well candied.

*To Candy Suckets of Oranges, Lemons, Citrons, and Angelica.*

**T**AKE, and boyl them in fair water tender, and shift them in three boylings, six or seven times, to take away their bitterness, then put them into as much Sugar as will cover them, and so let them boyl a walm or two, then take them out, and dry them in a warm Oven

as hot as Man, and being dry boil the Sugar to a Candy weight, and so cast your Oranges into the hot Sugar, and take them out again suddenly, and then lay them upon a lettice of Wyre on the bottom of a Sieve in a warm Oven after the bread is drawn, still warming the Oven till it be dry, and they will be well Candyed.

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*To Candy the Orange Roots.*

**T**AKE the Orange Roots, being well and tenderly boyled, peth them and peel them, and wash them out of two or three waters; then dry them well with a fair cloth, then put them together two or three in a knot, then put them into as much clarified Sugar as will cover them, and so let them boil liesurely, turning them well until you see the Sugar drunk up into the Root; then shaking them in the Bason, to sunder the knots; and when they wax dry, take them up suddenly, and lay them on sheets of white Paper, and so dry them before the fire an hour or two, and they will be Candyed.

*To Candy Orange Peels after the Italian way.*

**T**Ake Orange Peels so often steeped in cold water, as you think convenient for their bitterness, then dry them gently, and Candy them with some convenient syrup made with Sugar; some that are more grown, take away that spongiuous white under the yellow peels, others do both together.

*The Virtues.*

They corroborate the Stomach & Heart.

*To Candy Citrons after the Spanish way.*

**T**Ake Citron Peels so large as you please the inner part been taken away, let them be steeped in a clear lay of water and ashes for nine dayes, and shift them the fifth day, afterward wash them in fair water till the bitterness be taken away, and that they grow sweet, then let them be boiled in fair water till they grow soft; the watry part being taken away, let them be steeped in a Vessel of stone twenty four hours, with a Julip, made of white Sugar, and

and three parts water, after let them be boiled upon a gentle fire, to Candiness of Penidies or Paste; being taken out of that, let them be put in a glass vessel, one by one, with the Julip of Roses made somewhat hard, or with Sugar; some do add Amber and Musk to them.

*The Virtues.*

It comforteth the Stomach and Hearr, it helpeth Concoction.

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*To Candy Cherries the Italian way.*

**T**Ake Cherries before they are full ripe, the stones taken out, put clarified sugar boiled to a height, then pour it on them.

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*Chicory Roots Candyed the Italian way.*

**T**Ake Chicory new and green, the outward Bark being taken away, then before they be candied, let them be cut in several parts, and gently boiled, that no bitterness may remain, then set them in the air, placed severally, and put Sugar to them boiled to a height.

Touch.



## Touching Marmalets, and Quiddony, as followeth.

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*To make Marmalet of Damfins.*

**T**AKE two quarts of Damfins, that be through ripe, and pare off the skins of three pints of them, then put them into an earthen pipkin, those with the skins undermost; then set the pipkin into a pot of seething water, and let the water seeth apace until the Damfins be tender. Cover the Pipkin close, that no water gets into them, and when they are tender, put them out into an earthen pan., and take out all the stones and skins, and weigh them, and take the weight with hard Sugar, then break the Sugar fine, and put it into the Damfins, then set it on the fire, and make it boil apace till it will come from

from the bottome or the skillet, then take it up, and put it into a glasse but scum it clear in the boiling.

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*To make white Marmalst of Quinces.*

**T**AKE unpared Quinces, and boil them whole in fair water, peel them and take all the pap from the coar, to every pound thereof, add three quarters of a pound of Sugar, boil it well till it come well from the pans bottom, then put it into boxes.

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*To make Marmalet of any tender Plum.*

**T**AKE your Plums, and boil them between two dishes on a Chafing-dish of coals, then strain it, and take as much Sugar as the pulp doth weigh, and put to it as much Rose-water, and fair water, as will melt it, that is, half a pint of water to a pound of Sugar, and so boil it to a Candy height, then put the pulp into hot Sugar, with the pap of a roasted apple. In like manner you must put roasted Apples to make Past Royal of it, or else it will be tough in the drying.

*To make Orange Marmalet.*

**T**AKE Oranges, pare them as thin as you can ; boil them in four several waters ; let them be very soft before you take them out , then take two quarts of Spring-water put thereto twenty Pippins pared, quartered, and coared, let them boil till all the vertue be out, take heed they do not lose the colour ; then strain them, put to every pint of water a pound of Sugar, boil it almost to a Candy height, then take out all the meat out of the Oranges, slice the peel in long slits as thin as you can, then put in your peel with the juyce of two Lemmons, and one half Orange, then boil it to a Candy.

*To make Quiddony of Pippins of Ruby,  
or any Amber colour*

**T**AKE Pippins, and cut them in quarters, and pare them, and boil them with as much fair water as will cover them, till they be tender, and sunk into the water, then strain all the liquor from the Pulp, then take a pint of that liquor, and half a  
M pound

pound of Sugar, and boil it till it be a quaking gelly on the back of a spoon; so then pour it on your moulds, being taken out of fair water; then being cold turn them on a wet trencher, and so slide them into the boxes, and if you would have it ruddy colour, then boil it leaufrely close covered, till it be as red as Claret Wine, so may you conceive, the difference is in the boiling of it; remember to boil your Quinces in Apple-water as you do your Plums.

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*To make Quiddony of all kinds of Plums.*

**T**Ake your Apple, water, and boil the Plums in it till it be red as claret wine, and when you have made it strong of the Plums, put to every pint half a pound of Sugar and so boil it till a drop of it hang on the back of a spoon like a quaking gelly. If you will have it of an Amber colour, then boil it with a quick fire, that is all the difference of the colouring of it.



*To make Marmalet of Oranges, or  
Orange Cakes, &c.*

**T**AKE the yellowest and fairest Oranges, and water them three days, shifting the water twice a day, pare them as thin as you possible can, boil them in a Water changed five or six times, until the bitterness of the Orange be boiled out; those that you preserve, must be cut in halves, but those for Marmalet must be boiled whole, let them be very tender, and slice them very thin on a Trencher, taking out the seeds and long strings, and with a Knife make it as fine as the Pap of an Apple; then weigh your Pap of Oranges, and to a pound of it, take a pound and a half of sugar; then you must have Pippins boiled ready in a Skillet of fair water, and take the Pap of them made fine on a Trencher, and the strings taken out, (but take not half so much Pippins as Oranges) then take the weight of it in Sugar, and mix it both together in a silver or earthen dish; and set it on the coals to dry the water out of it, (as you

M 2

do

do with Quince Marmalet ) when your Sugar is Candy height, put in your stuff, and boil it till you think it stiff enough, stirring it continually : if you please you may put a little Musk in it.



## Touching Pastrey and Pasties.

*To make Sugar Cakes.*

**T**A K E three pound of the finest Wheat Flower, one pound of fine Sugar, Cloves and Mace of each one ounce finely searsed, two pound of butter, a little Rose-water, knead and mould this very well together, melt your Butter as you put it in; then mould it with your hand forth upon a board, cut them round with a glass, then lay them on papers, and set them in an Oven, be sure your  
Oven

Oven be not too hot, so let them stand till they be coloured enough.

*To make clear Cakes of Plums.*

**T**AKE Plums of any sorts, Raspifs are the best, put them in a stone Jug, into a pot of seething water, and when they are dissolved, strain them together through a fair cloth, and take to a pint of that a pound of Sugar, put to as much color as will melt it, and boil to a Candy height; boil the liquor likewise in another Posnet, then put them seething hot together, and so boil a little while stirring them together, then put them into glasses, and set them in an Oven or Stove in a drying heat, let them stand so two or three weeks, and never be cold, removing them from one warm place to another, they will turn in a week; beware you set them not too hot, for they will be tough; so every day turn them till they be dry; they will be very clear.

*To make Paste of Oranges and Lemons.*

**T**AKE your Oranges well coloured, boil them tender in water, changing them

lix or seven times in the boiling, put into the first water one handful of Salt, and then beat them in a wooden bowl with a wooden pestle, and then strain them through a piece of Cushion Canvas, then take somewhat more than the weight of them in Sugar, then boil it, dry and fashion it as you please.

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*To make Raspberry Cakes.*

**T**AKE Raspberries, and put them into a Gallipot, cover them close, and set them into a skillet of water, and let them boil till they are all to mash, then rub them through a strainer of Cushion Canvas, put the liquor into a silver bason, and set it upon a very quick fire; and put into it one handful or two of whole Raspberries, according to the quantity of your liquor: and as you shall like to have seeds in your paste, Thus let it boil very fast till it be thick; and continually stir, lest it burn; then take two silver dishes that are of a weight, and put them into your Scales, in the one put the Raspiss stuff, and in the other double refined Sugar, finely beaten, as much as the weight of Raspiss stuff;

stuff; then put as much water to the Sugar as will melt it, set it upon the fire, and let it boil till it be very high Candyed, then take it from the fire, and put your Raspis stuff into it; and when your Sugar and Rasberries are very well mixt together, and the Sugar well melted from about the dish, ( which if it will not do from the fire, set it on again ) but let it not boil in any case ; when it is pretty cool, lay it by spoonfuls in places, and put it into your stuff, keeping temperate fire to it twice a day till it be candyed that will turn them joyn two of the pieces together, to make the Cake the thicker.

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*To make Paste of Genoa Citrons.*

**T**Ake Citrons & boil them in their skins, then scrape all the pulp from the coar, strain it through a piece of Cusion Canvas, take twice the weight of the Pulp in Sugar, put to it twice as much water as will melt it, that is, half a pint to every pound of Sugar, boil it to a Candy height; dry the Pulp upon a Chafing-dish of Coales, then put the Syrup and the Pulp hot together, boil it with stirring until it will lie upon a Pye-plate,

place, set it in a warm stone Oven upon two billets of wood, from the heat of the Oven, all one night, in the morning turn it, and set it in the like heat again, so turn it every day till it be dry.

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*To make a French Tart.*

**T**Ake a quarter of Almonds, or thereabouts, and peel them, then beat them in a Mortar, take the white of the breast of a cold Capon, and take so much Lard as twice the quantity of the Capon, and so much Butter, or rather more, and half a Marrow-bone, and if the Bone be little, then all the marrow, with the juice of one Lemon; beat them all together in a Mortar very well, then put in one half pound of Loaf-sugar grated, then take a good piece of Citron, cut it in small pieces, and half a quarter of Pistanius, mingle all these together, take some flower, and the yolks of two or three Eggs, and some sweet Butter, and work it with cold water.

*To make Cakes of Pear-plums.*

**T**AKE to a pound of the clear, or of the pulp, a pound of Sugar, and boil it to a Sugar again, then break it as small as you can, and put in the clear, when your Sugar is well melted in it, and almost cold, put it in glass plates, and set them into your stove as fast as you can, with coals under them, and so twice a day whilst they be dry enough to cut; if you make them of the clear, you must make paste of Apples to lay upon them, you must scald them, and beat them very well, and so use them as you do your Plums, and then you may put them into what fashion you please.

*To make Cakes, viz.*

**T**AKE a pound of Sugar finely beaten, four yolks of Eggs, two whites, one half pound of Butter washt in in Rose-water, six spoonfuls of sweet Cream warmed, one pound of Currans well pickt, as much flower as will make it up, mingle them well together, make them into Cakes, bake them in an Oven; almost as hot as for Man-

chet, half an hour will bake them.

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*To make a Cake the way of the Royal Princess, the Lady Elizabeth, Daughter to King CHARLES the First.*

**T**AKE half a peck of Flower, half a pint of Rose-water, a pint of Ale-yeast, a pint of Cream, boil it, a pound and an half of Butter, six Eggs, (leave out the whites) four pound of Currans, one half pound of Sugar, one Nutmeg, and a little Salt, work it very well, and let it stand half an hour by the fire, and then work it again, and then make it up, and let it stand an hour and a half, in the Oven; let not your Oven be too hot.

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*To make Paste of Apricocks.*

**T**AKE your Apricocks, and pare them, and stone them, then boil them tender betwixt two dishes on a Chafing-dish of Coals; then being cold, lay it forth on a white sheet of paper; then take as much Sugar as it doth weigh, & boil it to a Candy height, with as much Rose-water and fair  
water



water as will melt the Sugar; then put the Pulp into the Sugar, and so let it boil till it be as thick as for Marmalet, now and then stirring of it; then fashion it upon a Pye-plate like to half Apricocks, and the next day close the half Apricocks to the other, and when they are dry, they will be as clear as Amber, and eat much better than Apricocks it self.

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*To make Paste of Pippins like leaves, and  
some like Plums, with their stones  
and stalks in them.*

**T**AKE Pippins pared and coared, and cut in pieces, and boiled tender, so strain them, and take as much Sugar as the Pulp doth weigh, and boil it to a Candy height, with as much Rose-water, and fair water as will melt it, then put the pulp into the hot Sugar, and let it boil until it be as thick as Marmalet; then fashion it on a Pye-plate, like Oaken-leaves, and some like half Plums, the next day close the half Plums together; and if you please you may put the stones and stalks in them, and dry them in an Oven, and if you will have them look green, make the Paste when Pippins

pins are green; and if you will have them look red, put a little Conserve of Barberries in the Paste, and if you will keep any of it all the year, you must make it as thin as Tart stuff, and put it in Gallipots.

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*To make Paste of Elecampane roots, and excellent remedy for the Cough of the Lungs.*

**T**AKE the youngest Elecampane roots, and boil them reasonably tender; then pith them and peel them; and so beat it in a Mortar, then take twice as much Sugar as the Pulp doth weigh, and so boil it to a Candy height, with as much Rose-water as will melt it; then put the Pulp into the Sugar, with the Pap of a Roasted-apple, then let it boil till it be thick, then drop it on a pye-plate, and so dry it in an Oven till it be dry.

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*To make Paste of flowers of the colour of Marble, tasting of natural flowers.*

**T**AKE every sort of pleasing Flowers, as Violets, Cowslips, Gilly-flowers, Roses or Marigolds, and beat them in a Mor-

Mortar, each flower by it self with Sugar, till the Sugar become the colour of the flower, then put a little Gum-Dragon steep in water into it, and beat it into a perfect paste; and when you have half a dozen colours, every flower will take of his nature, then rowl the paste therein, and lay one piece upon another, in mingling sort, so rowl your Paste in small rowls, as big and as long as your finger, then cut it off the bigness of a small Nut, overthwart, and so rowl them thin, that you may see a Knife through them, so dry them before the fire till they be dry.

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*To make Paste of Raspberries or English Currans.*

**T**AKE any of the Frails, and boil them tender on a Chafing-dish of Coals betwixt two dishes and strain them, with the pap of a roasted Apple, then take as much Sugar as the Pulp doth weigh, and boil it to a Candy height, with as much Rose-water as will melt it; then put the Pulp into the hot Sugar, and let it boil leisurely till you see it as thick as Marmalet, then fashion it on a Pyc-plate, and put

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put it into the Oven with two billets of wood, that the place touch not the bottom, and so let them dry leifurely till they be dry.

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*To make Naples Bisket.*

**T**Ake of the same stuff the Macharoons are made of, and put to it an ounce of Pine-apple-seeds in a quarter of a pound of stuff, for that is all the difference between the Macharoons and the Naples Bisket.

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*To make Italian Biskets.*

**T**Ake a quarter of a pound of searsed Sugar, and beat it in an Alablafter Mortar with the white of an Egg, and a little Gum-Dragon steeped in Rose-water, to bring it to a perfect paste, then mould it up with a little Anniseed and a grain of Musk; then make it up like Dutch bread, and bake it on a Pye-plate in a warm Oven till they rise somewhat high and white, take them out, but handle them not till they be thoroughly dry and cold.

*To make Prince Biskets.*

**T**AKE a pound of searfed Sugar, and a pound of fine flower, eight Eggs with two of the reddest Yolks taken out, and so beat together one whole hour, then take you Coffins, and indoice them over with Butter very thin, then put to it an ounce of Anni-seeds, fine dusted, and when you are ready to fill your Coffins, put in the Anniseeds, and so bake it in an Oven as hot as for Manchet.

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*To make Marchpane to Ice and Gild, and gar-nish it according to Art.*

**T**AKE Almonds, and blanch them out of seething water, and beat them till they come to a fine paste in a stone Martar, then take fine searfed Sugar, and so beat it all together till it come to a perfect paste, putting in now and then a spoonful of Rose-water, to keep it from boyling; then cover your Marchpane with a sheet of paper as big as a Charger, then cut it round by that Charger, and set an edge about it as about a Tart, then bottom it with Wafers, then bake it in an Oven, or in a Baking-pan,  
and

and when it is hard and dry, take it out of the Oven, and Ice it with Rose-water and Sugar, and the white of an Egg, being as thick as butter, and spread it over thin with two or three feathers; and then put it into the Oven again, and when you see it rise high and white, take it out again and garnish it with some pretty conceit, and stick some long Comfits upright in it, so gild it, then strew Biskets and Carawayes on it. If your Marchpane be Oyly in beating, then put to it as much Rose-water as will make it almost as thin as to Ice.

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*Lozenges.*

**T**Ake Blossoms of Flowers, and beat them in a bowl-dish, and put them in as much clarified Sugar as may come to the colour of the cover, then boil them with stirring, till it is come Sugar again; then beat it fine, and serse it, and so work it up to paste with a little Gum-Dragon, steep it in Rose-water, then print it with your mould, and being dry, keep it up.

*To make Walnuts Artificial.*

**T**AKE searfed Sugar, and Cinnamon, of quantity alike, work it up with a little Gum-Dragon, steep it in Rose-water, and print it in a mould made like a Walnut-shell, then take white Sugar Plates, print it in a mould made like a Walnut kernel, so when they are both dry, close them up together with a little Gum-Dragon betwixt, and they will dry as they lie.

*To make Collops like Bacon of Marchpane.*

**T**AKE some of your Marchpane Paste, and work it in red Saunders, till it be red; then rowl a broad sheet of white Paste, and the sheet of red Paste, three of the white, and four of the red, and so one upon another in mingled sorts, every red between, then cut it overthwart, till it look like Collops of Bacon, then dry it.

*To make Artificial Fruits.*

**T**AKE a Mould made of Alablaster, three yolks, and tye two pieces together, and lay

lay them in water an hour, and take as much Sugar as will fill up your mould, and boil it *à la Turque Christi*, then pour it into your mould suddenly, and clap on the lid, round it with your hand, and it will be white and yellow, then colour it with what you please, half red, or half yellow, you may yellow it with a little Salt.



## Touching Preserves and Pomanders.

*To make an excellent Perfume to burn between two Rose Leaves.*

**T**AKE an ounce of Juniper, an ounce of Storax, half a dozen drops of the water of Cloves, six grains of Musk, a little Gum-Dragon steep in water, and beat



beat all this to paste, then roll it in little pieces as big as you please, then put them betwixt two Rose-leaves, and so dry them in a dish in an Oven, and being so dried, they will burn with a most pleasant smell.

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*To make Pomander.*

**T**Ake an ounce of Benjamin, an ounce of Storax, & an ounce of Laudanum, heat a Mortar very hot, and beat all these Gums to a perfect paste; in beating of it, put in six grains of Musk, four grains of Civet; when you have beaten all this to a fine paste with your hands with Rose-water, rowl it round betwixt your hands, and make holes in the beads, and so string them while they be hot.

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*To make an Ipswitch Water.*

**T**Ake a pound of fine white Castle soap, shave it thin in a pint of Rose-water, & let it stand two or three days; then pour all the water from it, and put to it half a pint of fresh water; and so let it stand one whole day, then pour out that, and put half

a pint more, and let it stand a night more, then put to it half an ounce of powder called sweet Marjoram, a quarter of an ounce of the powder of Winter-Savory, two or three drops of the Oyl of Spike, and the Oyl of Cloves, three grains of Musk, and as much Ambergreese; work all these together in a fair Morter, with the powder of an Almond Cake dryed, and beaten as small as fine flower, so rowl it round in your hands in Rose-water.

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*To make a sweet Smell.*

**T**Ake the Masse of a sweet Apple-tree, being gathered betwixt the two Lady-dayes, and put to it a quarter of Damask Rose-water, and dry it in a dish in an Oven; wet it in drying two or three times with Rose-water, then put to it an ounce of Benjamin, an ounce of Storax Calamintæ: these Gums being beaten to powder, with a few leaves of Roses, then you may put what cost of Smells you will bestow, as much Civet or Ambergreese, and beat it all together in a Pomander or a Bracelet.

Touch-



## Touching Wines

*To make Hypocras.*

**T**Ake four Gallons of Claret Wine, eight ounces of Cinnamon, three Oranges, of Ginger, Cloves, and Nutmegs a small quantity, Sugar six pound, three sprigs of Rosemary, bruise all the Spices somewhat small, and so put them into the Wine, and keep them close stopped, and often shaken together a day or two, then let it run through a Gelly bag twice or thrice with a quart of new Milk.

*The Lady Thornburghs Syrup of Elders.*

**T**Ake Elder-berries when they be red, bruise them in stone Morter, strain the juice, and boil it to a consumption of almost half, scum it very clear, take it off

off the fire whilest it is hot, put in Sugar to the thickness of a Syrup; put it no more on the fire, when it is cold, put it into Glasses, not filling them to the top, for it will work like Beer.

This cleanseth the stomach and spleen, and taketh away all obstructions of the Liver, by taking the quantity of a spoonful in a morning, and fasting a short time after it.

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*To make Gelly of Raspis the best way.*

**T**AKE the Raspis, and set them over the fire in a Posnet, and gather out the thin juice, the bottom of the skillet being cooled with fair water, and strain it with a fine strainer, and when you have as much as you will, then weigh it with Sugar, and boil them till they come to a Gelly, which you may perceive by drawing your finger on the back of the spoon.

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*To dry Fox Skins.*

**T**AKE your Shee Fox Skins, nail them upon a board as strait as you can, then brush them as clean as you can, then take  
Aqua

Aqua Fortis, and put into it a sixpence,  
and still put in more as long as it will dis-  
solve it, then wash your skin over with this  
water, and set it to dry in the Sun; and  
when it is dry, wash it over with the spirits  
of wine; this must be done in hottest time  
of Summer.



## Choice Secrets made known.

*To make true Majesty of Pearl.*

**D**issolve two or three ounces of fine  
seed Pearl in distilled Vinegar, and  
when it is perfectly dissolved; and  
all taken up, pour the Vinegar into a  
clean glass Bason; then drop some few drops  
of Oyl of Tartar upon it, and it will cast  
down

down the Pearl into fine powder, then pour the Vinegar clean off softly, then put to the Pearl clear Conduit or Spring water; pour that off, and do so often untill the taste of the Vinegar and Tartar be clean gone, then dry the powder of Pearl upon warm embers, and keep it for your use.

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*How to make Hair grow.*

**T**AKE half a pound of Aqua Mellis in the Spring time of the year, warm a little of it every morning when you rise, in a Sawcer, and tye a little sponge to a fine box comb, and dip it in the water, and therewith moisten the roots of the Hair, in combing it, and it will grow long, thick, and curled in a very short time.

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*To write Letters of Secret, that they cannot be read without the directions following.*

**T**AKE fine Allum, beat it small, and put a reasonable quantity of it into water, then write with the said water.

The work cannot be read, but by steeping your paper in fair running-water..

You

You may likewise write with Vinegar, or the juice of Lemon or Onion; if you would read the same, you must hold it before the fire.

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*How to keep Wine from sowering.*

**T**YE a piece of very salt Bacon on the inside of your barrel, so as it touch not the Wine, which will preserve Wine from sowering.

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*To take out spots of Grease, or Oyl.*

**T**AKE bones of sheeps feet, burn them almost to ashes, then bruise them to powder, and put of it on the spot, and lay it in the Sun when it shineth hottest, when the powder becomes black, lay on fresh in the place till it fetch out the spots, which will be done in a very short time.

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*To make Hair grow black, though any colour.*

**T**AKE a little Aqua Fortis, put therein a groat or sixpence, as to the quantity

tity of the aforesaid water, then set both to dissolve before the fire, then dip a small sponge in the said water, and wet your beard or hair therewith; but touch not the skin.

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*King Edward's Perfume.*

**T**Ake twelve spoonfuls of right red Rose-water, the weight of sixpence in fine powder of Sugar, and boyl it on hot Embers and Coals softly, and the house will smell as though it were full of Roses; but you must burn the sweet Cypress wood before, to take away the gross air.

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*Queen Elizabeth's Perfume.*

**T**Ake eight spoonfuls of Compound water, the weight of two pence in fine powder of Sugar, and boyl it on hot Embers and Coals, softly, and half an ounce of sweet Marjoram, dried in the Sun, the weight of two pence of the powder of Beejamin. This Perfume is very sweet, and good for the time.



*Mr. Ferene of the New Exchange, Perfumer to the Queen, his rare Dentifrice, so much approved of at Court.*

**F**irst take eight ounces of Irios roots, also four ounces of Pomistone, and eight onnces of Cutel bone, also eight ounces of Mother of Pearl, and eight ounces of Corral, and a pound of Brick if you desire to make them red; but he did oftner make them white; and then instead of the Brick, did take a pound of fine Alablaster: all this being thoroughly beaten, and sifted through a fine searse, the powder is then ready prepared to make up in a past, which must be done as follows.

*To make the said Powder into Past.*

**T**ake a little Gum Dragant, and lay it in steep twelve hours, in Orange flower water, or Damask Rose water, and when it is dissolved, take the sweet Gum, and grind it on a Marble-stone with the aforesaid powder, and mixing some crums of white-bread, it will come into a Paste, the which you may make Dentifrices, of what shape or fashion you please, but rolls is the most commodious for your use.

*The Receipt of the Lady Kents powder, presented by her Ladyship to the Queen.*

**T**AKE white Amber, Crabs eyes, red Coral, Harts-horn and Pearl, all prepared several, of each a like proportion, tear and mingle them, then take Harts horn gelly, that hath some Saffron put into a bag, dissolve into it while the gelly is warm, then let the gelly cool, and therewith make a past of the powders, which being made up into little balls, you must dry gently by the fire side. Pearl is prepared by dissolving it with the juice of Lemons, Amber prepared by beating it to powder; so also Crabs eyes and Coral, Harts-horn prepared by burning it in the fire, and taking the shires of it especially, the pith wholly rejected.

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*A Cordial Water of Sir Walter Raleigh.*

**T**AKE a gallon of Straw berries, and put them into a pint of *Aqua vite*, let them stand so four or five days, strain them gently out, and sweeten the water as you please with fine Sugar; or else with Perfume.

*The*

*The Lady Malets Cordial Water.*

**T**AKE a pound of fine Sugar beaten and put to it a quart of running water, pour it three or four times through a bag; then put a pint of Damask Rose water, which you must always pour still through the bag, then four pennworth of Angeica water, four pence in Clove-water, four pence of Rosa Solis, one pint of Cinnamon-water, or three pints and half of *Anarvite*, as you find it in taste; put all these together three or four times through the bag or strainer, and then take half an ounce of good Muskallis, and cut them grossly, and put them in to a glass, and fill them with the water, &c.

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*A Sovereign Water of Dr. Stephens, which he long times used, wherewith he did many Cures; he kept it secretly till a little before his death, and then he gave it to the Lord Arch bishop of Canterbury in writing, being as followeth, viz.*

**T**AKE a Gallon of good Gascoine Wine, and take Ginger, Gallingale, Cinamon,

Nutmegs, Cloves, Grains, Anniseeds, Fen-  
nil-seed, of every of them a dram, then  
take Carraway seed, of red Mints, Roses,  
Thime, Pellitory of the Wall, Rosemary,  
Wild Thyme, Camomile, the leaves if you  
cannot get the flowers, of small Lavender,  
of each a handful, then bray the Spices small,  
and bray the Hearbs, and put all into the  
Wine, and let it stand so twelve hours, stir-  
ring it divers times, then still it in a Lim-  
beck, and keep the first water, for it is best,  
then put the second water by it self, for it is  
good, but not of such vertues, &c.

*The Vertues of this Water.*

It comforts the Spirits Vital, and helps  
all inward Diseases that come of cold, it is  
good against the shaking of the Palsie; it  
cures the contraction of the Sinews, helps  
the conception of Women if they be Bar-  
ren, it kills the Worms in the Belly and  
Stomach; it cures the cold Dropsie, and  
helps the Stone in the Bladder, and in the  
Reins of the Back; it helps shortly the  
stinking breath, and whosoever useth this  
Water morning and evening, (and not too  
often) it preserveth him in good liking, and  
will make him seem young very long, and  
com-

comforteth nature marvelously; with this water did Dr. *Stephens* preserve his life, till extream age would not let him go or stand; and he continued five years, when all the Physitians judged he would not live a year longer, nor did he use any other Medicine but this, &c.

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*A Plague Water to be taken one spoonful every four hours with one sweat every time.*

**T**Ake Scabious, Bettony, Pimpernel, and Turmentine roots, of each a pound, steep these all night in three gallons of strong Beer, and distill them all in a Limbeck, and when you use it, take a spoonful thereof every four hours, and sweat well after it, draw two quarts of water, if your Beer be strong, and mingle them both together.

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*Poppy-Water.*

**T**Ake four pound of the flower of Poppies well pickt and sifted, steep them all night in three Gallons of Ale that is strong, and still it in a Limbeck; you may draw two quarts, the one will be strong and the other will be small, &c.

*A Water for a Consumption, or for a  
Brain that is weak*

**T**Ake Cream (or new milk) and Claret-wine, of each three pints, of Violet-flowers, Buglois and Borage-flowers, of each a spoonful, Comfrey, Knot-grass, and Plantain, of these half a handful, three or four Pome-waters sliced, a stick of Liquorish, some Pompion seeds and strings; put to this a Cock that hath been chased and beaten before he was killed, dress it as to boyl, and parboil it until there be no blood in it; then put them in a pot, and set them over your Limbeck, and the soft fire; draw out a pottle of water, then put your water in a Pipkin over a Charcoal fire, and boyl it a while, dissolve therein six ounces of white Sugar-candy, and two penny weight of Saffron: when it is cold strain it into a glass, and let the Patient drink three or four spoonfuls, three or four times a day blood-warm; your Cock must be cut into small pieces, and the bones broken, and in case the flowers and hearbs are hard to come by, a spoonful of their stilled waters are to be used.

*Another*

*Another of the same.*

**T**Ake a pottle of good Milk, one pint of Muscadine, half a pint of red Rose-water, a penny Manchet sliced thin, two handfuls of Raisins of the Sun stoned, a quarter of a pound of fine Sugar, sixteen Eggs beaten; mix all these together, then distill them in a common still with a soft fire, then let the Patient drink three or four spoonfuls at a time blood-warm, being sweetned with *Manus Christi* made with Corral and Pearl; when your things are all in the still, strew four ounces of Cinnamon beaten: this water is good to put into broath, &c.

*A good Stomach Water.*

**T**Ake a quart of Aqua Composita, or Aqua vitæ; (the smaller) and put in to it one handful of Cowslip flowers, a good handful of Rosemary flowers, sweet Marjoram, a little Pellitory of the Wall, a little Bettony and Balm, of each a little handful, Cinnamon half an ounce, Nutmegs a dram, Anniseeds, Coriander

riander seeds, Caroway seeds, Grömel seeds, Juniper berries, of each a dram, bruise the spice and seed, and put them into Aqua Composita, or Aqua vitæ, with your hearbs together, and put into them a pound of very fine Sugar, stir them well together, and put them into a glass, and let it stand in the Sun nine days, and stir it every day; two or three Dates, and a little race of Ginger sliced into it will make it the better, especially against wind, &c.

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*A Bag of Purging Ale.*

**T**AKE of Agrimony, Speedwel, Liverwort, Scurvy-grass, Water-crelles, of each a handful, of Monk, of Rhubarb, and red Madder, of each half a pound, of Horse-radishes three ounces, Liquorish two ounces, Sassafrage four ounces, Sena seven ounces, sweet Fennil-seeds two drams, Nutmegs four; pick and wash your Herbs and Roots, and bruise them in a Mortar, and put them in a Bag made of a Bolter, and so hang them in three gallons of middle Ale, and let it work in the Ale, and after three days you may drink it as you see occasion, &c.

*The*



*The Ale of Health and strength, by  
Viscount St. Albans.*

**T**Ake Sassafras wood half an ounce, Sarsaparilla three ounces, white Sanders one ounce, Chamapition an ounce, China-root half an ounce, Mace a quarter of an ounce, Chamapition an ounce, cut the wood as thin as may be with a Knife into small pieces, and bruise them in a Mortar; put to them these sorts of Herbs, (*viz.*) Cowslip flowers, Roman-worm-wood, of each a handful, of Sage, Rosemary, Bettony, Mugwort, Balm and sweet-marjoram, of each half a handful, of Hops; boyl all these in six gallons of Ale till it come to four; then put the wood and Herbs into six gallons of Ale of the second wort, and boyl it till it come to four, let it run from the dregs, and put your Ale together, and run it as you do other purging Ale, &c.

*A Water excellent good against the Plague.*

**T**Ake three pints of Malmsey, or Muscadine, of Sage and Rue, of each  
one

one handful, boyl them together gently to one pint, then strain it and set it on the fire again, and put to it one pennyworth of Long Pepper, Ginger four drams, Nutmegs two drams, all beaten together, then let it boyl a little, take it off the fire, and while it is very hot, dissolve therein six pennyworth of Mithridate, and three pennyworth of Venice Treacle, and when it is almost cold put to it a pint of strong Angelica water, or so much *Aqua vita*, and so keep it in a glass close stopped.

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*A Cordial Cherry water.*

**T**AKE a pottle of *Aqua vita*, two ounces of ripe Cherries stoned, Sugar one pound twenty four Cloves, one stick of Cinnamon, three spoonfuls of anniseeds bruised, let these stand in the *Aqua Vita* fifteen days, and when the water hath fully drawn out the tincture, pour it off into another glass for your use, which keep close stopped, the Spice and the Cherries you may keep, for they are very good for wind in the Stomach.

*The Lord Spencers Cherry-water.*

**T**AKE a Pottle of new Sack, four pound of through ripe Cherries stoned, put them into an earthen pot, to which put an ounce of Cinnamon, Saffron unbruised one dram, tops of Balm, Rosemary, or their flowers, of each one handful, let them stand close covered twenty four hours, now and then stirring them; then put them into a cold Still, to which put of beaten Amber two drams, Coriander Seed one ounce, Alkermes one dram, and distil it leisurely; and when it is fully distilled, put to it twenty grains of Musk. This is an excellent Cordial, good for Faintings and Swoundings, for the Crudities of the Stomach, Wind and Swelling of the Bowels, and divers other evil Symptomes in the Body of Men and Women.

*The Herbs to be distilled for Usquebach.*

**T**AKE Agrimony, Fumitory, Bettony, Bugloss, Wormwood, Harts-tongue, Carduus Benedictus, Rosemary, Angelica, Tormentil, of each of these for every gallon

gallon of Ale one handfull, Anniseeds and Liquorish well bruised half a pound, still these together, and when it is stilled, you must infuse Cinamon, Nutmeg, Mace, Liquorish, Dates, and Raisins of the Sun, and Sugar what quantity you please. The Infusion must be till the colour please you.

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*Dr. Kings way to make Mead.*

**T**Ake five quarts and a pint of water, and warm it, then put one quart of Honey to every gallon of Liquor, one Lemon, and a quarter of an ounce of Nutmegs; it must boil till the scum rise black, that you will have it quickly ready to drink, squeeze into it a Lemon when you run it. It must be cold before you run it up.

---

*To make Syrup of Rasberries.*

**T**Ake new Rasberries, cleaned in a dry day, and pickt, and mixt with six parts of good Sack, put to the press, and then paste it up very close, in a Cellar for ten days, then run it through a Glass or Rose-still, then

then take more Sack and put in Rasberries to it, then when it hath taken out all the colour of the Raspis, strain it out, and put in some fine Sugar to your taste, and set it on the fire, keeping it continually stirring till the scum doth rise; then take it off the fire, let it not boil, skim it very clean, and when it is cold put it to your distilled Raspis; but colour it no more than to make it a pale Claret Wine. This put into bottles or Glasses stopt very close.

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*To make Lemon Water.*

**T**AKE twelve of the fairest Lemons, slice them, and put them into two pints of White-wine, and put to them Cinamon two drams, Gallingale two drams, of Rose-leaves, Borage and Bugloss flowers, of each one handful, of yellow Saunders one dram: steep all these together twelve hours; then distill them gently in a glass still, until you have distilled one pint and an half of the water, and then add to it three ounces of Sugar, one grain of Ambergreese, and you will have a most pleasing cleansing Cordial water for many uses.

*To*

*To make Gilly flower Wine.*

**T**Ake two ounces of dried Gilly-flowers, and put them into a pottle of Sack, and beat three ounces of Sugar-candy, or fine Sugar, and grind some Ambergreese, and put it in the bottle and shake it oft, then run it through a gelly bag, and give it for a great Cordial after a weeks standing or more. You make Lavender as you do this.

*The Lady Spotswood Stomach water.*

**T**Ake White-wine one pottle, Rosemary and Cowslip flowers, of each one handful, as much Bettony leaves, Cinamon and Cloves grossly beaten, of both one ounce; steep all these three dayes, stirring it often; then put to it Mithridate four ounces, and stir it together, and distill it in an ordinary still.

*Water*

*Water of Time for the Passion of the heart.*

**T**AKE a quart of White-wine, and a pint of Sack, steep in it as much broad Thime as it will wet, put to it of Galingale and Calamus Aromaticus, of each on ounce, Cloves, Mace, Ginger, and grains of Paradise two drams, steep these all night, the next morning distil it in an ordinary still, drink it warm with Sugar.

*A Receipt to make damnable Hum.*

**T**AKE Spices de Gemmis, Aromaticum Rosatum, Diarrhodon Abbatis, Letificans Galeni, of each four drams, Loaf Sugar beaten to powder half a pound, small Aqua Vitæ three pints, strong Angelica water one pint; mix all these together, and when you have drunk it to the Dregs, you may fill it up again with the same quantity of water. The same powders will serve twice, and after twice using it, it must be made new again.

*An admirable Water for sore eyes.*

**T**AKE *LapisTntie*; Aloes Hepatica, fine hard Sugar, of each three drams, beat them very small, and put them into a Glass of three pints, to which put red Rose-water and white Wine, of each one pint; set the Glass in the Sun, in the Month of *July*, for the whole Month, shaking it twice in a day for all that while; then use it as followeth, put one drop thereof into the Eye in the evening, when the party is in bed, and one drop in the morning an hour before the Patient riseth: Continue the use of it till the Eyes be well. The older the Water, the better it is. Most approved.

*A Snail Water for weak Children,  
and old People.*

**T**AKE a pottle of Snails, and wash them well in two or three waters, and then in small Beer, bruise them shells and all, then put them into a gallon of red Cows Milk, red Rose leaves dried, the whites cut off, Rosemary, sweet Marjoram, of each



each one handfull, and so distill them in a cold still, and let it drop upon powder of white Sugarcandy in the receiver; drink of it first and last, and at four a clock in the afternoon, a wineglass full at a time.

---

*'Clary Water for the Back, Stomach, &c.*

**T**AKE three gallons of midling Beer, put it in a great brass pot of four gallons, and put to it ten handfulls of Clary gathered in a dry day, Raisins of the Sun stoned, three pounds, Anniseeds, and Liquorish, of each four ounces, the whites and shells of twenty four Eggs, or half so many, if there be not so much need in the back, the shells small, and mix them with the whites; put to the bottoms of three white loves, put into the Receiver one pound of white Sugarcandy, or so much fine Loaf-sugar beaten small, and distill it through a Limbeck, keep it close, and be seldome without it; for it reviveth very much the stomach and heart, strengthneth the back, procureth appetite and digestion, driveth away Melancholly, sadness and heaviness of the heart, &c.

*Dr. Montfords Cordial Water.*

**T**Ake Angelica leaves twelve handful, six leaves of Carduus Benedictus, Balm and Sage, of each five handfuls, the Seeds of Angelica and sweet Fennil, of each five ounces bruised, scraped and bruised Liquorish twelve ounces, Aromaticum Rosatum, Diamolcus delcis, of each six drams; the Herbs being cut small, the Seeds and Liquorish bruised, infuse them into two gallons of Canary Sack for twenty four hours, then distill it with a gentle fire, and draw off only five pints of the Spirits, which mix with one pound of the best Sugar dissolved into a Syrup in half a pint of pure red Rose water.

*Aqua Mirabilis, Sir Kenelm Digby's way.*

**T**Ake Cubebs, Gallingle, Cardamus, Mellilot flowers, Cloves, Mace, Ginger, Cinnamon, of each one dram bruised small, juice of Celandine one pint, juice of Spearmint half a pint, juice of Balm half a pint, Sugar one pound, flower of Cowslips, Rosemary Borrage, Bugloss, Marigolds, of each  
two

two drams, the best Sack three pints, strong Angelica water one pint, Red Rose-water half a pint, bruise the Spices and Flowers, and steep them in the Sack and Juices one night, the next morning distill it in an ordinary or glass still, and first lay Hearts-tongue leaves, in the bottom of the Still.

*The Virtues of the precedent Water.*

This Water preserveth the Lungs without grievances, and helpeth them; being wounded, it suffereth the blood not to putrifie, but multiplieth the same; this water suffereth not the heart to burn, nor Melancholy, nor the Spleen to be lifted up above nature; it expelleth the Rhume, preserveth the Stomach, conserveth Youth, and procureth a good colour, it preserveth Memory, it destroyeth the Pallie; if this be given to one a dying, a spoonful of it reviveth him; in the summer use one spoonful a week fasting, in the winter two spoonfuls.

*A Water for fainting of the Heart.*

**T**AKE Bugloss, and red Rose water, of each one pint, Milk half a pint, Aniseeds and Cinnamon grossly bruised, of each  
half

half an ounce, Maiden-hair two handfuls, Hearts-tongue one handful, both shred, mix all together, and distill it in an ordinary still, drink of it morning and evening with a little Sugar.

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*A Surfet-Water.*

**T**AKE half a bushel of red Corn Poppy, put it into a large dish, cover it with brown paper, and lay another dish upon it, set it in an Oven after brown bread is baked divers times till it be dry, which put into a pottle of good *Aqua Vitæ*, to which put Raisins of the Sun stoned half a pound, six figs sliced, three Nutmegs sliced, two flakes of mace bruised, two races of ginger sliced, one stick of Cinnamon bruised, Liquorish sliced one ounce, Anniseed, Fennil-seed, and Cardamums bruised, of each one dram; put all these into a broad glass body, and lay first some Poppy in the bottom, then some of the other Ingredients, then Poppy again, and so untill the Glass be full; then put in the *Aqua Vitæ*, and let it infuse till it be strong of the Spices, and very red with the Poppy, close covered, of the which take two or three spoonfuls upon a Sorfeit, and  
when

when all the Liquor is spent, put more *Aqua Vita* to it, and it will have the same effect the second time, but no more after.

*Dr. Butlers Cordial Water against Melancholy, &c. most approved.*

**T**Ake the flowers of Cowslips, Marigolds, Pinks, Clove.gilly-flowers, Bugle stock gilly-flowers, of each four handfuls, the flowers of Rosemary, and Damask Roses, of each three handfuls, Borage and Bugloss flowers, and Balm leaves, of each two handfuls; put them in a quart of Canary Wine into a great Bottle or Jug close stopped with a Cork, sometimes stirring the flowers and Wine together, adding to them Anniseeds bruised one dram, two Nutmegs sliced, English Saffron two pennyworth; after some time of infusion, distill them in a cold Still with a hot fire, hanging at the Nose of the Still, Ambergreese and Musk, of each one grain; then to the distilled Water put white Sugarcandy finely beaten six ounces, and put the glass wherein they are into hot water for one hour. Take of this water at one time three spoonfuls thrice a week, or when you are

ill, it cureth all Melancholy Fumes, and infinitely comforts the Spirits.

*The Admirable and most Famous Snail-Water.*

**T**AKE a peck of garden shell snails, wash them well in small beer, and put them in a hot Oven till they have done making a noise, then take them out, and wipe them well from the green froth that is upon them, and bruise them shells and all in a stone Mortar, then take a quart of earth worms, scowre them with Salt, slit them and wash them well with water from their filth, and in a stone Mortar beat them to pieces, then lay in the bottom of your distilled pot Angelica two handfuls, and two handfuls of Celandine upon them, to which put two quarts of Rosemary flowers, Bears foot, Agrimony, red Deck Roots, Bark of Barberries, Bettony, Wood Sorrel, of each two handfuls, Rue one handful; then lay the Snails and worms on the top of the Hearbs and flowers, then pour on three gallons of the strongest Ale, and let it stand all night, in the morning put in three ounces of Cloves beaten, six pennyworth

worth of beaten Saffron, and on the top of them six ounces of shaved Harts-horn, then set on the Limbeck, and close it with paste, and so receive the water by pints, which will be nine in all, the first is the strongest, whereof take in the morning two spoonfuls in four spoonfuls of small Beer, and the like in the afternoon: you must keep a good Diet, and use moderate exercise to warm the blood.

This Water is good against all Obstructions whatsoever. It cureth a Consumption and Dropsie, the stopping of the Stomach and Liver. It may be distilled with milk for weak people and Children, with Hearts-tongue and Elecampane.

*A singular Mint Water.*

**T**Ake a still full of Mints, put Balm and Penniroyal, of each one good handful, steep them in Sack, or Lees of Sack twenty four hours, stop it close, and stir it now and then: Distill it in an ordinary Still with a very quick fire, and keep the Still with wet cloaths, put into the Receiver as much Sugar as will sweeten it, and so double distill it.



## Distillings.

*A most Excellent Aqua Cœlistis taught by  
Mr. Philips Apothecary.*

**T**Ake of Cinamon one dram, Ginger, half a dram, the three sorts of Saunders, of each of them three quarters of an ounce, Mace and Cubebs, of each of them one dram, Cardamon the bigger, and



and lesser, of each three drams, Setwell-  
roots half an ounce, Anniseed, Fennil-seed,  
Basil-seed, of each two drams, Angelica  
roots, Gilliflowers, Thyme, Calamint, Li-  
quorish, Calamus, Masterwort, Pennyroyal,  
Mint, Mother of Thyme, Marjoram, of  
each two drams, Red Rose-seed, the flowers  
of Sage and Bettony, of each a dram and a  
half, Cloves, Galingal, Nutmegs, of each  
two drams, the flowers of Stechados, Rose-  
mary, Borage and Bugloss flowers, of each  
a dram and half, Citron Rindes three drams;  
bruise them all, and put in those Cordial  
Powders, Diamber Aromaticum, Diamas-  
cum, Diachoden, the Spices made with  
Pearl, of each three drams; infuse all these  
in twelve pints of *Aqua vite*, in a glass close  
stopped for fifteen dayes, often shaking it,  
then let it be put in a Limbeck close stop-  
ped, and let it be distilled gently; when you  
have done, hang it in a cloth, two drams of  
Musk, half a dram of Ambergreese, and ten  
or twelve grains of Gold, and so receive it  
to your use.

*Hypocras taught by Dr. Twine for Wind in the Stomach.*

**T**Ake Pepper, Grains, Ginger, of each half an ounce, Cinnamon, Cloves, Nutmegs, Mace, of each one ounce grossly beaten, Rosemary, Agrimony, both shread, of each a few crops read rose leaves a pretty quantity, as an indifferent gripe, a pound of Sugar beaten; lay these to steep in a gallon of good Rhenish or White-Wine, in a close vessel, stirring it two or three times a day the space of three or four dayes together, then strain it through an Hypocras strainer, and drink a draught of it before meat half an hour, and sometimes after to help Digestion.

*Marigold flowers distilled, good for the pain of the Head.*

**T**Ake Marigold flowers, and distil them, then take a fine cloth and wet it in the aforesaid distilled water, and so lay it to the forehead of the Patient, and being so applyed, let him sleep if he can: this with Gods help will cease the pain,

*A Water good for Sun burning.*

**T**Ake Water drawn off the Vine dropping, the flowers of white Thorn, Bean flowers, Water Lilly flowers, Garden-Lilly flowers, Elder-flowers, and Tansie flowers, Althea-flowers, the whites of Eggs, French-Barley.

*The Lady Giffords Cordial Water.*

**T**Ake four quarts of Aqua Vitæ, Borrage, and Poppy-water, of each a pint, two pounds of Sugarcandy, one pound of Figs sliced, one pound of Raisins of the Sun stoned, two handfuls of Red Roses clipped and dried, one handful of Red Mint, half a handful of Rosemary, as much of Hyssop, a few Cloves; put all these in a great double Glass close stopped, and set it in the Sun three months, and so use it.

*A Water for one pensive and very sick, to comfort the Heart, very excellent.*

**T**Ake a good spoonful of *Mimus Christi*, beaten very small into powder, then take a quarter of a pound of very fine Sugar, and beat it small, and six spoonfuls of Cinnamon water, and put to it, and ten spoonfuls of Red-Rose-water; mingle all these together, and put them in a dish, and set them over a soft fire five or six walms, and so let it be put into a glass, and let the party drink thereof a spoonful or two, as he shall see cause.

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*To Perfume Water.*

**T**Ake Malmsey or any kind of sweet water; then take Lavender, Spike, sweet Marjoram, Balm, Orange-peels, Thyme, Basil, Cloves, Bay-leaves, Wodbine-flowers, red and white Roses, and still them all together.

*FINIS.*

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					Mint-

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F I N I S.



The Compleat

# COOK:

Expertly Prescribing

The most Ready Wayes,

Whether { *Italian,*  
          { *Spanish* or {  
          { *French,* }

For Dressing of *Flesh* and  
*Fish*, Ordering of *Sauces*,  
or Making of

## PASTRY.



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C O O K:

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The most Ready Wayes,  
whether *Italian*, *Spanish* or  
*French*, for Dressing of  
FLESH, & FISH, &c.

To make a Possset, the Earl of  
Arundels way.



Take a quart of Cream, and a  
quarter of a Nutmeg in it, then  
put it on the fire, and let boyl  
a little while, and as it is boyl-  
ing, take a Pot or Bason, that  
you mean to make your Possset in, and put in  
three spoonfuls of Sack, and some eight of  
Ale,

Ale, and sweeten it with Sugar, then set it over the Coles to warm a little while, then take it off & let it stand till it be almost cool, then put it into the pot or bason, and stir it a little, and let it stand to simmer over the fire an hour or more, for the longer the better.

---

*To boil a Capon Larded with Lemons.*

**T**Ake a fair Capon and truss him, boil him by himself in fair water, with a little small Oat-meal, then take Mutton broth, and half a pint of White wine, a bundle of herbs, whole Mace, season it with verjuice, put Marrow, Dates, season it with Sugar, then take preserved Lemons and cut them like lard, and with a larding pin lard it in, then put the Capon in a deep dish, thicken your broth with Almonds, and pour it on the Capon.

---

*To Bake Red Deer.*

**P**Arboil it, and then sauce it in Vinegar, then lard it very thick, and season it with Pepper, Ginger, and Nutmegs, put it into a deep Pie with good store of sweet butter, and let it bake, when it is baked take a pint of Hippocras, half a pound of

of sweet butter, two or three Nutmegs, a little Vinegar, put it into the Pye in the Oven, and let it lye and soak an hour, then take it out, and when it is cold stop the vent hole.

---

*To make fine Pan cakes fryed without  
Butter or Lard.*

**T**AKE a pint of Cream, and six new laid Eggs, beat them very well together, put in a quarter of a pound of Sugar, and one Nutmeg, or a little beaten Mace (which you may use) and so much flour as will thicken it to such a consistence as ordinarily Pan-cake batter; your fire must be heated a reasonable hot, and wiped with a clean cloth, this done put in your Batter as thick or thin as you please.

---

*To dress a Pig the French manner.*

**T**AKE it and spit it, and lay it down to the fire, and when your Pig is through warm, Skin her, and cut her off the Spit as another Pig is, and so divide it in twenty pieces more or less as you please; when you

you have so done, take some White-wine and strong Broth, and stew it therein, with an Onyon or two mixed very small, a little Time also minced with Nutmeg sliced and grated Pepper, some Anchoves and Elder Vinegar, and a very little sweet Butter, and Gravy if you have it, so dish it up with the same Liquor it is stewed in, with French Bread sliced under it, with Oranges and Lemons.

---

*To make a Steak Pye with a French  
Pudding in the Pye.*

**S**Eason your steaks with Pepper and Nutmegs, and let it stand an hour in a Tray; then take a piece of the leanest of a Leg of Mutton, and mince it small with suet and a few sweet herbs, tops of young Time, a branch of Penniroyal, two or three of red Sage, grated bread, yolks of Eggs, sweet Cream, Raisins of the Sun; work altogether like a Pudding with your hand stiff, and rowl them round like balls, and put them into the steaks in a deep Coffin, with a piece of sweet Butter; sprinkle a little Verjuice on it, bake it, then cut it up, and rowl Sage leaves and fry them, and stick them upright in the walls, and serve your Pye without a cover, with the juice of an Orange or Lemon.

*An excellent way of dressing Fish.*

**T**AKE a piece of fresh Salmon, and wash it clean in a little Vinegar and water, and let it lye a while in it, then put it into a great Pipkin with a cover, and put to it some six spoonfuls of water, and four of Vinegar, and as much of white Wine, a good deal of Salt, a handful of sweet herbs, a little white Sorrel, a few Cloves, a little stick of Cinnamon, a little Mace, put all these in a Pipkin close, and set it in a Kettle of seething water, and there let it stew three hours.

*You may do Carps, Eels, Trouts, &c. this way, and they tast also to your mind.*

*To fricate Sheeps Feet.*

**T**AKE sheeps feet, slit the bone, and pick them very clean, then put them in a Frying pan, with a Ladleful of strong Broth, a piece of Butter, and a little Salt, after they have fryed a while, put to them a little Parsley, green Chibals, a little young Speermint and Time, all shred very small, and little beaten Pepper; when you think

think they are fryed almost enough, have a lear made for them with the yolks of two or three Eggs, some gravy of Mutton, a little Nutmeg, and juice of a Lemon wrung therein, and put this lear to the sheeps feet as they fry in the pan, then toss them once or twice, and put them forth in to the Dish you mean to serve them in.

---

*To frigate Calves Chaldrons.*

**T**AKE a Calves Chaldron, after it is little more then half boyled, and when it is cold, cut it into little bits as big as Walnuts; season it with beaten Cloves, Salt, Nutmeg, Mace, and a little Pepper, an onion, Parsley, and a little Tarragon, all shred very small, then put it into a Frying-pan, with a Ladlesful of strong broth, and a little piece of sweet Butter, so fry it; when it is fryed enough, have a little lear made with the Gravy of Mutton, the juice of a Lemon and Orange, the yolks of three or four Eggs, and a little Nutmeg grated therein; put all to your Chaldrons in the Pan, toss your frigate two or three times, then dish it, and so serve it up.



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To

our Champignons as  
or stewing, and when you  
have poured away the black Liquor that  
comes from them, put your Champignons  
into a Frying-pan with a piece of sweet  
Butter, a little Parsley, Time, sweet Mar-  
joram, a piece of Onion shred very small, a  
little Salt and fine beaten Pepper, so fry  
them till they be enough, so have ready the  
leaves above said, and put it to the Champig-  
neons whilst they are in the Pan, tofs them  
two or three times, put them forth and  
serve them.

---

*To make Buttered Loaves.*

**T**Ake the yolks of twelve Eggs, and six  
whites, and a quarter of a pint of yeast  
when you have beaten the Eggs well, strain  
them with the yeast into a dish, then put  
to it a little Salt, and two rasps of Ginger  
beaten very small, then put flower to it till  
it come to high Past that will not cleave,  
then you must roul it upon your hands,  
and afterwards put it into a warm Cloth  
and let it lye there a quarter of an hour,  
then make it up in little Loaves, bake it  
against

against it is baked, prepare a pound and a half of Butter, and a quarter of a pint of white wine, and half a pint of Sugar; this being melted and beaten together with it, set them into the Oven a quarter of an hour.

---

*To murine Carps. Mullet, Gurnet, Rochet or Wale, &c.*

**T**AKE a quart of water to a gallon of vinegar, a good handful of Bay leaves, as much Rosemary, a quarter of a pound of Pepper beaten; put all these together, and let it seeth softly, and season it with a little Salt, then fry your Fish with frying Oyl till it be enough, then put in an earthen vessel, and lay the Bay-leaves and Rosemary between and about the Fish, and pour the Broth upon it, and when it is cold, cover it, &c.

---

*To make a Calves Chaldron Pye.*

**T**AKE a Calves Chaldron, half boyl it, and cool it, when it is cold mince it as small as grated bread, with half a pound of Marrow; season it with Salt, beaten Cloves, Mace, Nutmeg, a little Onyon, and some of the outmost rind of a Lemon  
minced

minced very small, and wring in the juice of half a Lemon, and then mix all together, then make a piece of puff past, and lay a leaf thereof in a silver dish of the bigness to contain the meat, then put in your meat, and cover it with another leaf of the same paste, and bake it; and when it is baked take it out and open it, and put in the juice of two or three Oranges, stir it well together, then cover it again and serve it. Be sure none of your Orange kernels be among your Py-meat.

*To make a Pudding of a Calves Chaldron.*

**T**AKE your Chaldron after it is half boiled and cold, mince it as small as you can with half a pound of beef-suet, or as much marrow, season it with a little Onion, Parsley, Time, and the outmost rind of a piece of Lemon, all shred very small, Salt, beaten Nutmeg, Cloves and Mace, mixed together, with the yolks of four or five Eggs, and a little sweet Cream; then have ready the great guts of a Mutton scraped and washed very clean; let your Gut have lain in white Wine and Salt half a day before you use it; when your meat is mixed and made up somewhat stiff, put it into the sheeps gut, and so boil it when

when it is boiled enough, serve it to the Table in the Gut.

---

*To make a Banbury Cake.*

**T**ake a peck of pure Wheat-flower, six pound of Currans, half a pound of Sugar, two pound of Butter, half an ounce of Cloves and Mace, a pint and a half of Ale-yeast, and a little Rose-water; then boil as much new Milk as will serve to knead it, and when it is almost cold, put into it as much Sack as will thicken it, and so work it all together before a fire, pulling it two or three times in pieces, after make it up.

---

*To make a Devonshire White por.*

**T**ake a pint of Cream and strain four Eggs into it, and put a little Salt and a little sliced Nutmeg, and season it with Sugar somewhat sweet, then take almost a penny Loaf of fine bread sliced very thin, and put it into a Dish that will hold it, the Cream and the Eggs being put to it, then take a handful of Raisins of the Sun being boiled, and a little sweet Butter, so bake it.

*To make Rice Cream.*

**T**AKE a quart of Cream, two good handfuls of Rice flower, a quarter of a pound of Sugar and flower beaten very finall, mingle your Sugar and flower together, put it into your Cream, take the yolk of an Egg, beat it with a spoonful or two of Rose water, then put it to the Cream, and stir all these together, and set it over a quick fire, keeping it continually stirring till it be as thick as water pap.

*To make a very good great Oxfordshire Cake.*

**T**AKE a peck of flour by weight, and dry it a little, and a pound and a half of Sugar, an ounce of Cinnamon, half an ounce of Nutmegs, a quarter of an ounce of Mace and Cloves, a good spoonful of Salt, beat your Salt and Spice very fine, and searce it, and mix it with your flour and Sugar; then take three pound of Butter and work it in the flour, it will take three hours working; then take a quart of Ale-yeast, two quarts of Cream, half a pint of Sack, six grains of Ambergreese dissolved in it, half a pint

pint of Rose-water, sixteen Eggs, eight of the whites, mix these with the flower, and knead them well together, then let it lye warm by your fire till your Oven be hot, which must be little hotter than for Manchester; when you make it ready for your Oven, put to your Cake six pound of Currans, two pound of Raisins of the Sun stoned and minced, so make up your Cake, and set it in your Oven stopt close; it will take three hours baking; when baked, take it out and frost it over with the white of an Egg and Rose-water well beat together, and strew fine Sugar upon it, and then set it again into the Oven, that it may ice.

---

*To make a Pumpion Py.*

**T**AKE about half a pound of Pumpion and slice it, a handful of Time, a little Rosemary, Parsley, and sweet Marjoram, slipped off the stalks, and chop them small, then take Cinnamon, Nutmeg, Pepper, and six Cloves, and beat them; take ten Eggs and beat them, then mix them, and beat them all together, and put in as much Sugar as you think fit, then fry them in a froiz, after it is fried, let it stand till cold, then

---

then fill your Pye, take sliced Apples thin round ways, and lay a row of the Froiz, and a layer of Apples, with Currans betwixt the layer while your pie is fitted, and put in a good deal of sweet butter before you close it; when the pie is baked, take six yolks of Eggs, some Whitwine or Verjuice, and mak a Caudle of this, but not too thick; cut up the lid and put it in, stir them well together whilst the Eggs and Pumpions be not perceived, & so serve it up.

---

*To make the best Sausages that ever were eat.*

**T**AKE a Leg of young Pork, and cut off all the lean, and shred it very small, but leave none of the strings or skins amongst it, then take two pound of Beef suet and shred it small, then take two handfuls of red Sage, a little Pepper and Salt, and Nutmeg, and a small piece of an Onyon, chop them altogether with the flesh and suet; if it is small enough, put the yolk of two or three Eggs, and mix altogether, and make it up in a paste if you will use it, rowl out as many pieces as you please in the form of an ordinary Sausage, and so fry them: this paste will keep a fortnight upon occasion.

*To boil a fresh Fish.*

**T**Ake a Carp, or other, and put them into a deep dish, with a pint of White-Wine, a large Mace; a little Time, Rosemary, a piece of sweet Butter, and let him boil between two dishes in his own blood; season it with Pepper and Verjuice, and so serve it up on Sippets.

---

*To make Fritters.*

**T**Ake half a pint of Sack, a pint of Ale, some Ale-yeast, nine Eggs, yolks and whites, beat them very well, the Eggs first, then altogether, put in some Ginger, and Salt, and fine Flower, then let it stand an hour or two, then shred in the Apples; when you are ready to fry them, your suet must be all Beef-suet, or half Beef, and half Hoggs-suet dried out of the leaf.

---

*To make Loaves of Cheese Curds.*

**T**Ake a Porringer full of Curds, and four Eggs, white & yolks, & so much flower as will make it stiff, then take a little Ginger, Nutmeg and some Salt, make them into loaves, and set them into an oven with



a quick heat; when they begin to change colour take them out, and put melted butter to them, and some Sack, and good store of Sugar, and so serve it.

---

*To make fine Pies after the French fashion.*

**T**AKE a pound and a half of Veal, two pound of suet, two pound of great Raisins stoned, half a pound of Prunes, as much of Currans, six Dates, two Nutmegs, a spoonful of Pepper, an ounce of Sugar, an ounce of Carawayes, a saucer of Verjuice, and as much Rose-water, this will make three fair Pies, with two quarts of flower, three yolks of Eggs, and a half pound of Butter.

---

*A singular Receipt for making a Cake.*

**T**AKE half a peck of flower, two pound of Butter, mingle it with the flower, three Nutmegs, and a little Mace, Cinamon, Ginger, half a pound of Sugar, leave some out to strew on the top, mingle these well with the flower and Butter, five pound of Currans well washed, and pickt, and dryed

in a warm cloth, a wine-pint of Ale-yeast, six eggs, leave out the whites, a quart of Cream boiled and almost cold again: work it well together, and let it be very lith, lay it in a warm cloth, and let it lie half an hour against the fire. Then make it up with the white of an Egg, a little Butter, Rosewater and Sugar; Ice it over & put it into an oven, and let it stand one whole hour and half.

---

*To make a great Curd Loaf.*

**T**Ake the Curds of three quarts of new milk clean wheyed, and rub into them a little of the finest flower you can get, then take half a race of Ginger, and slice it very thin, and put it into your Curds with a little salt, then take half a pint of good Ale-yeast and put to it, then take ten Eggs, but three of the whites, let there be so much flower as will make it into a reasonable stiff paste, then put it into an indifferent hot cloth, and lay it before the fire to rise while your Oven is heating, then make it up into a Loaf, and when it is baked, cut up the top of the Loaf, and put in a pound and a half of melted Butter, and a good deal of Sugar in it.

*To make buttered loaves of Cheefe-curds.*

**T**AKE three quarts of new milk, and put in as much Rennet as will turn, take your whey clean away, then break your curds very small with your hands, and put in six yolks of Eggs, but one white; an handful of grated bread, an handful of flower, a little Salt mingled altogether; work it with your hand, rowl it into little Loaves, then set them in a Pan buttered, then beat the yolk of an egg with a little beer, and wipe them over with a feather, then set them in an oven as for Manchet, and stop that close three quarters of an hour, then take half a pound of Butter, three Spoonfuls of water, a Nutmeg sliced thin, a little Sugar, set it on the fire, stir it till it be thick; when your loaves are baked, cut off the tops and butter them with this Butter, some under, some over, and strow some Sugar on them.

*To make Cheefe Loaves.*

**G**RATE a wheat loaf, and take as much Curd as bread, to that put eight yolks of Eggs, and four whites, and beat them very well, then take a little Cream, but let

it be very thick, put altogether, and make them up with two handfuls of flower, the Curds must be made of new milk and wheyed very dry, you must make them like little Loaves, and bake them in an oven; and being baked cut them up, and have in readines some sweet Butter, Sugar, Nutmeg sliced and mingled together, put it into the Loaves, and with it stir the Cream well together, then cover them again with the tops, and servethem with a little Sugar scraped on.

---

*To make Puff.*

**T**AKE four pints of new Milk, Renner, take out the whey very clean, and wring it in a dry Cloth, then strain it in a wooden dish till they become as Cream, then take the yolks of two Eggs, and beat them and put them to the Curds, and leave them with the Curds, then put a spoonful of Cream to them, and if you please half a spoonful of Rosewater, and as much flower beat in it as will make it of an indifferent stiffness, just to roul on a Plate, then take off the Kidney of Mutton-suet and purifie it, and fry them in it, and serve them in with Butter, Rose-water and Sugar.

*To make Elder Vinegar.*

**G**ather the flowers of Elder, pick them very clean, and dry them in the Sun on a gentle heat, and take to every quart of Vinegar a good handful of flowers, and let it stand to Sun a fortnight, then strain the Vinegar from the flowers, and put it into the barrel again, and when you draw a quart of Vinegar, draw a quart of water, and put it into the barrel lukewarm.

*To make good Vinegar.*

**T**ake one strike of Malt, and one of Rye ground, and mash them together, and take (if they be good) three pound of Hops, if not four pound; make two Hogs-heads of the best of that Malt and Rye, then lay the Hogs-heads where the Sun may have power over them, and when it is ready to tun, fill your Hogs heads where they lie: then let them purge & clear, and cover them with two slate stones, and within a week after when you bake, take two wheat loaves hot out of the oven, and put into each Hogs-head a loaf; you must use this four times, you must brew this in April, and let it stand

till June, then draw them clearer, then wash the Hogsheads clean, and put the bear in again, if you will have it Rose-vinegar, you must put in a strike and a half of Roses, if Elder-vinegar, a peck of the flowers; if you will have it white, put nothing in it after it is drawn, and so let it stand till Michaelmas; if you will have it coloured red, take four gallons of strong Ale as you can get, and Elder-berries picked a few full clear, and put them in your pan with the Ale, set them over the fire till you guess that a pottle is wasted, then take it off the fire, and let it stand till it be stone cold, and the next day strain it into the Hoghead, then lay them in a Celler or Buttery, which you please.

---

*To make a Coller of Beef.*

**T**Ake the thinnest end of a coast of Beef, boil it and lay it in pump-water, and a little Salt three days, shifting it once every day, and the last day put a pint of Claret-wine to it, and when you take it out of the water, let it lie two or three hours a draining, then cut it almost to the end in three slices, then bruise a little Cochineal, and a very little Allum and mingle it with the Claret-wine, and colour the meat all over with it, then  
take

take a dozen of Anchovies, wash them and bone them, and lay them into the Beef, and season it with Cloves, Mace, and Pepper, and two handfuls of Salt, and a little Sweet-marjoram, and Time, and when you make it up, roul the innermost slice first, and the other two upon it, being very well seasoned every where, and bind it hard with Tape, then put it into a stone pot, something bigger than the Coller, and pour upon it a pint of Claret-wine, and half a pint of Wine-vinegar, a sprig of Rosemary, and a few Bay-leaves, and bake it very well; before it be quite cold, take it out of the pot, and you may keep it dry as long as you please.

---

*To make an Almond Pudding.*

**T**AKE two or three French Rowls, or white Penny-bread, cut them in slices, and put to the bread as much Cream as will cover it, put it on the fire till your Cream and bread be very warm, then take a ladle or spoon, and beat it very well together, put to this twelve eggs, but not above four whites, put in Beef-suet, or Marrow, according to your Discretion, put a pretty quantity of Currans, and Raisins, season the Pudding with Nutmeg, Mace, Salt, and

Sugar, but very little flower, for it will make it sad and heavy; make a piece of puff-paste as much as will cover your dish, so cut it very handsomely what fashion you please; butter the bottom of your dish, put the pudding into the dish, set it in a quick Oven, not too hot as to burn it, let it bake till you think it be enough, scrape on Sugar, and serve it up.

---

*To boil Cream with French Barley.*

**T**AKE the third part of a pound of French Barley, wash it well with fair water, and let it lie all night in fair water, in the morning set two skillets on the fire with fair water, and in one of them put your Barly, and let it boil till the water look red, then put the water from it, and put the Barley into the other warm water, thus boil it and change it with fresh warm water till it boil white, then strain the water clean from it, then take a quart of Cream, put into it a Nutmeg or two quartered, a little large Mace and some Sugar, and let it boil together a quarter of an hour, and when it hath thus boiled, put into it the yolk of three or four Eggs, well beaten with a little Rose-water, then dish it forth, and eat it cold.

*Te*



*To make Cheese-Cakes.*

**T**Ake three Eggs and beat them very well, and as you beat them, put to them as much fine flower as will make them thick then put to them three or four Eggs more, and beat them altogether; then take one quart of Cream, and put into it a quarter of a pound of sweet Butter, and set them over the fire, and when it begins to boil, put to it your Eggs and Flower, stir it very well, and let it boil till it be thick, then season it with Salt, Cinnamon, Sugar and Currans, and bake it.

*To make a Quaking Pudding.*

**T**Ake a pint and somewhat more of thick Cream, ten Eggs, put the whites of three, beat them very well with two spoonfuls of Rose-water: mingle with your Cream 3 spoonfuls of fine flower: mingle it so well, that there be no lumps in it, put it altogether, and season it according to your taste: butter a Cloth very well, and let it be thick that it may not run out, and let it boil for half an hour as fast as you can, then take it up and make

make Sauce with Butter, Rose-water and Sugar, and serve it up.

*You may stick some blanched Almonds upon it if you please.*

---

*To Pickle Cucumbers.*

**P**ut them in an Earthen Vessel, lay first a Lay of Salt and Dill, then a Lay of Cucumbers, and so till they be all Layed, put in some Mace and whole Pepper; and some Fennel-seed, according to Direction, then fill it up with Beer-vinegar, and a clean board and a stone upon it to keep them within the Pickle, and so keep them close covered, and if the Vinegar is black, change them into fresh.

---

*To Pickle Broom Buds.*

**T**ake your Buds before they be yellow on the top, make a brine of Vinegar and Salt, which you must do only by shaking it together till the Salt be melted, then put in your Buds, and keep stirred once in a day till they be sunk within the Vinegar, be sure to keep close covered.

*To*

*To keep Quinces raw all the year.*

**T**AKE some of the worst Quinces and cut them into small pieces, and Coares and Parings, boyl them in water, and put to a Gallon of water, some three spoonfuls of Salt, as much Honey; boyl these together till they are very strong, and when it is cold, put it into half a pint of Vinegar in a wooden Vessel or Earthen Pot; and take then as many of your best Quinces as will go into your Liquor, then stop them up very close that no Air get into them, and they will keep all the year.

*To make a Goosberry Fool.*

**T**AKE your Goosberries, and put them in a Silver or Earthen Pot, and set it in a Skillet of boyling water, and when they are coddled enough strain them, then make them hot again, when they are scalding hot beat them very well with a good piece of fresh Butter, Rose-water and Sugar, and put in the yolks of two or three Eggs; you may put Rose-water into them and so stir it all together, and serve it to the Table when it is cold.

*To make an Oatmeal Pudding.*

**T**Ake a Porringer full of Oatmeal beaten to flower, a pint of Cream, one Nutmeg, four Eggs beaten, three whites, a quarter of a pound of Sugar, a pound of Beef-suet well minced, mingle all these together, and so bake it. An hour will bake it.

*To make a green Pudding.*

**T**Ake a penny Loaf of stale Bread, grate it, put to half a pound of Sugar, grated Nutmeg, as much Salt as will season it, three quarters of a pound of Beef-suet shred very small: then take sweet Herbs, the most of them Marigolds, eight Spinages: shred the Herbs very small, mix all well together, then take two Eggs and work them up together with your hand, and make them in to round Balls, and when the water boyls put them in, serve them with Rose-water, Sugar, and Butter, or Sauce.

*To make good Sausages.*

**T**AKE the lean of a Leg of Pork, and four pound of Beef-suet, or rather butter, shred them together very small, then season it with three quarters of an ounce of Pepper, and half an ounce of Cloves and Mace mixed together, as the Pepper is, a handful of Sage when it is chopt small, and as much Salt as you think will make them tast well of it; mingle all these with the Meat, then break in ten Eggs, all but two or three of the whites, then temper it all well with your hands, and fill it into Hogs guts, which you must have ready for them; you must tye the ends of them like Puddings, and when you eat them you must boyl them on a soft fire; a hot will crack the skins, and the goodness boyl out of them.

*To make Toasts.*

**C**UT two penny Loaves in round slices, and dip them in half a pint of Cream or cold water, then lay them abroad in a Dish, and beat three Eggs and grated Nutmeg, and Sugar, beat them with the

the Cream, then take your Frying-pan and melt some butter in it, and wet one side of your Toasts and lay them in on the wet side, then pour in the rest upon them, and so fry them; send them in with Rose-water, Butter and Sugar.

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*Spanish Cream.*

**P**UT hot water in a Bucket and go with it to the Milking, then pour out the water and instantly milk into it, and presently strain it into milk-pans of an ordinary fulness, but not after an ordinary way; for you must set your Pan on the ground and stand on a stool, and pour it forth that it may rise in bubbles with the fall; this on the morrow will be a very tough Cream, which you must take off with your Skimmer, and lay it in the Dish, laying upon laying; and if you please throw some Sugar between them.

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*To make Clouted Cream.*

**T**AKE four quarts of Milk, one of Cream, six spoonfuls of Rose-water, put

put these together in a great Earthen Milk-pan, set it upon a fire of Charcoal well kindled, you must be sure the fire be not too hot; then let it stand a day and night; and when you go to take it off, loose the edge of your Cream round about with a Knife, then take your board, and lay the edges that is left beside the board cut into many pieces, and them into the Dish first, and scrape some fine Sugar upon them, then take your board and take off your Cream as clean from the Milk as you can, and lay it upon your Dish, and if your Dish be little, there will be some left, the which you may put into what fashion you please, and scrape good store of Sugar upon it

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*A good Cream.*

**V**WHEN you Churn Butter, take out six Spoonfuls of Cream, just as it is to turn to Butter, that is, when it is a little frothy; then boyl good Cream as much as will make a Dish, and season it with Sugar, and a little Rose-water; when it is quite cold enough, mingle it very well with that you take out of the Churn, and so dish it.

*To make Piramidis Cream.*

**T**AKE a quart of water, and six ounces of Harts-horn, and put it into a Bottle with Gum-dragon, and Gum-arabick, of each as much as a small Nut, put all this into the Bottle, which must be so big as will hold a pint more; for if it be full it will break: stop it very close with a Cork, and tye a cloth about it, put the Bottle into a pot of beef when it is boyling, and let it boyl three hours, then take as much Cream as there is jelly, and half a pound of Almonds well beaten with Rose-water, so that you cannot discern what they be, mingle the Cream and the Almonds together, then strain it, and do so two or three times to get all you can out of the Almonds, then put jelly when it is cold into a silver Bason, and the Cream to it; sweeten it as you like, put in two or three grains of Musk and Amber-greece, set it over the fire, stirring it continually and skimming it, till it be seething hot, but let it not boyl, then put it into an old fashion'd drinking-Glass, and let it stand till it is cold, and when you will use it, hold your Glass in a warm hand, and loosen it with



a Knife, and whelm it into a Dish, and have in readines Pine-Apple blown, and stick it all over, and serve it in with Cream or without as you please.

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*To make a Sack Cream.*

**S**ET a quart of Cream on the fire, when it is boyled, drop in a spoonful of Sack and stir it well the while, that it curd not, so do till you have dropped in six spoonfuls, then season it with Sugar, Nutmeg; and strong water.

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*To boyl Pigeons.*

**S**Tuff the Pigeons with Parsley, and Butter, and put them into an Earthen Pot, and put some sweet Butter to them, and let them boyl; take Parsley, Time, and Rosemary, chop them and put them to them; take some sweet Butter, and put in withall some Spinage, take a little gross Pepper and Salt, and season it withall, then take the yolk of an Egg and strain it with Verjuice, and put to them, lay sippits in the Dish and serve it.

*To make an Apple Tansy.*

**P**ARE your Apples and cut them in thin round slices, then fry them in good sweet Butter, then take ten Eggs, sweet Cream, Nutmeg, Cinamon, Ginger, Sugar, with a little Rose-water, beat all these together, and pour it upon your Apples and fry it.

*The French-Barly Cream.*

**T**AKE a quart of Cream, and boyl in a Porrenger of French-Barly, that hath been boyled in nine waters, put in some large Mace and a little Cinamon, boyling it a quarter of an hour; then take two quarts of Almonds blanch'd, and beat it very small with Rose-water, or Orange-water, and some Sugar; and the Almonds being strained into the Liquor, put it over the fire, stirring it till it be ready to boyl; then take it off the fire, stirring it till it be half cold; then put to it two spoonfuls of Sack or White-wine, and when it is cold, serve it in, remembring to put in some Salt.

*To make a Chicken, or Pigeon Py.*

**T**AKE your Pigeons (if they be not very young) cut them into four quarters, one sweet-bread sliced the long way, that it may be thin, and the pieces not too big, one Sheeps tongue, little more than parboyl'd, and the skin pul'd off, and the tongue cut in slices, two or three slices of Veal, as much of Mutton, young Chickens (if not little) quarter them, Chick-heads, Lark, or any such like, Pullets, Cocks-combs, Oysters, Calves Udder cut in pieces, good store of Marrow; for seasoning, take as much Pepper and Salt as you think fit to season it slightly; good store of sweet Marjoram, a little Time, and Lemon-pill fine sliced; season it well with these Spices as the time of the year will afford; put in either of Chesnuts (if you put in Chesnuts they must first be either boyl'd or roasted) Gooseberries or Guage, large Mace will do well in this Pye, then take a little piece of Veal parboyl'd and slice it very fine, as much Marrow as meet stirred amongst it, then take grated Bread; as much as a quarter of the Meat, four yolks of Eggs,

or

or more according to the stuff you make shred Dates as small as may be, season it with Salt, but not too Salt, Nutmeg as much as will season it, sweet Marjoram pretty store very small shred, work it up with as much sweet Cream as will make it up in little Puddings, some long, some round, so put as many of them in the Pye as you please; put therein two or three spoonfuls of Gravy of Mutton, or so much strong Mutton broth before you put it in the Oven, the bottom of boyled Artichoaks, minced Marrow, over and in the bottom of the Pye after your Pye is baked; when you put it up, have some five yolks of Eggs minced, and the juice of two or three Oranges, the Meat of one Lemon cut in pieces, a little White and Claret Wine; put this in your Pye being well mingled, and shake it very well together.

*To boyl a Capon or Hen.*

**T**AKE a young Capon or Hen, when you draw them, take out the fall of the Leaf clean away, and being well washed, fill the belly with Oysters; prepare some Mutton, the Neck, but boyl it in small pieces and skim it well, then put your Capon into the Pipkin, and when it is boyled skim it again; be sure you have no more water than will cover your Meat, then put it into a pint of White Wine, some Mace, two or three Cloves, and whole Pepper; a quarter of an hour before your Meat be boyled enough, put into the Pipkin three Anchoves stript from the Bones and washed, and be sure you put Salt at the first to your Meat; a little Parsley, Spinage, Endive, Sorrel, Rensmay, or such kind of Herbs will do well to boyl with the broth, and being ready to Dish it, having sippits cut, then take the Oysters out of the Capon, and lay them in the Dish with the broth, and put some juice of Lemons and Orange into it according to your taste.

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*To make Balls of Veal.*

**T**AKE the lean of a Leg of Veal, and cut out the Sinews, mince it very small, and with it some fat of Beef-suet; if the Leg of Veal be of a Cow-Calf, the Udder will be good instead of Beef-suet; when it is very well beaten together with the mincing Knife, have some Cloves, Mace, and Pepper beaten, and with Salt season your Meat, putting in some Vinegar, then make up your Meat into little Balls, and having very good strong Broth made of Mutton, set your Balls to boyl in it; when they are boyled enough, take the yolks of five or six Eggs well beaten with as much Vinegar as you please to like, and some of the Broth mingled together, stir it into all your Balls and Broth, give it a warm on the fire, then Dish up the Balls upon Sippits, and pour the sauce on it.

*To make Mrs. Shellyes Cake.*

**T**AKE a peck of fine flower, and three pound of the best Butter, work your flower and butter very well together, then  
take

take ten Eggs, leave out six whites, a pint and a halt of Ale-yeast; beat the Eggs and yeast together, and put them to the flower; take six pound of blanched Almonds, beat them very well, putting in sometime Rose-water to keep them from Oyling; add what Spice you please; let this be put to the rest, with a quarter of a pint, of Sack, and a little Saffron; and when you have made all this into paste, cover it warm before the fire, and let it rise for half an hour, then put in twelve pound of Currans well washed and dried, two pound of Raisins of the Sun stoned and cut small, one pound of Sugar; the sooner you put it into the Oven after the fruit is put in, the better.

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*To make Almond Jumbals.*

**T**Ake a pound of Almonds, to half a pound of double refined Sugar beaten and Searced, lay your Almonds in water a day before you blanch them, and beat them small with your Sugar; and when it is beat very small, put in a handful of Gum-dragon, it being before over-night steeped in Rose-water, and half a white of an Egg beaten to froth, and half a spoonful of Coriander-seed

as many Fennel and Anniseeds, mingle these together very well, set them upon a soft fire till it grow pretty thick, then take it off the fire, and lay it upon a clean Paper, and beat it well with a Rowling-pin till it work like a soft paste, and so make them up, and lay them upon Papers oyled with Oyl of Almonds, then put them in your Oven, and so soon as they be thoroughly risen, take them out before they grow hard.

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*To make Cracknels.*

**T**AKE half a pound of fine flower, dried and searced, as much fine Sugar searced, mingled with a spoonful of Coriander seed bruised, half a quarter of a pound of Butter rubbed in the Flower and Sugar, then wet it with the yolks of two Eggs. and half a spoonful of white Rose-water, a spoonful or little more of Cream as will wet it; knead the paste till it be soft and limber to rowl well, then rowl it extream thin, and cut them round by little plates, lay them upon buttered Papers, and when they go into the Oven, prick them, and wash the top with the yolk of an Egg beaten, and made thin with Rose-water or fair water; they



they will give with keeping, therefore before they are eaten, they must be dryed in a warm Oven to make them crisp.

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*To Pickle Oysters.*

**T**AKE Oysters and wash them clean in their own Liquor, then let them settle, then strain it, and put your Oysters to it with a little Mace and whole Pepper, as much Salt as you please, and a little Wine-vinegar, then set them over the fire, and let them boill leisurely till they are pretty tender; be sure to skim them still as the skum riseth; when they are enough, take them out till the pickle be cold, then put them into any pot that will lie close, they will keep best in Caper Barrels, they will keep very well six weeks.

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*To boil Cream with Codlings.*

**T**AKE a quart of Cream and boil it with some Mace and Sugar, and take two yolk of Eggs, and beat them well with a spoonful of Rose-water and a grain of Amber greece, then put it into the Cream with

a piece of sweet Butter as big as a Wall-nut, and stir it together over the fire until it be ready to boyl, then set it sometime to cool, stirring it continually till it be cold; then take a quarter of a pound of Codlings strained, and put them into a Silver Dish over a few coals till they be almost dry, and being cold, and the Cream also, pour the Cream upon them, and let them stand on a soft fire covered an hour, then serve them in.

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*To make the Lady Albergavers Cheefe.*

**T**O one Cheefe take a Gallon of new Milk, and a pint of good Cream, and mix them well together, then take a Skillet of hot water, as much as will make it hotter than it comes from the Cow, then put in a spoonful of Rennet, and stir it well together and cover it, and when it is come, take a wet cloth and lay it on your Cheefe-Mot, and take up the Curd and not break it; and put it into your Mot; and when your Mot is full, lay on the Suiker, and every two hours turn your Cheefe in wet Cloaths wrung dry; and lay on a little more wet, at night take as much Salt as you can between your Finger and Thumb, and salt your Cheefe.

Cheefe on both sides ; let them lie in Presses all night in a wet cloath ; the next day lay them on the Table between a dry Cloth, the next day lay them in Grass, and every other day change your grass, they will be ready to eat in nine days : if you will have them ready sooner, cover them with a Blanket.

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*To dress Snails.*

**T**AKE your Snails, (they are no way so as in Pottage) and wash them well in many waters, and when you have done, put them in a white Earthen Pan, or a very wide Dish, and put as much water to them as will cover them, and then set your Dish or Pan on some coals, that it may heat by little and little, and then the Snails will come out of the shells and so dye, and being dead, take them out, and wash them very well in Water and Salt twice or thrice over; then put them in a Pipkin with Water and Salt, and let them boil a little while in that, so take away the rude slime they have, then take them out again and put them in a Cullender; then take excellent Sallet-Oyl, and beat it a great while upon the fire in a Frying pan, and when it boyls very fast, slice two or

three Onyons in it, and let them fry well, then put the Snails in the Oyle, and Onyons, and let them stew together a little, then put the Oyle, Onyons, and Snails altogether in an earthen Pipkin of a fit size for your Snails, and put as much warm water to them as will serve to boil them, and make the Pottage and season them with Salt, and so let them boil three or four hours; then mingle Parsley, Penny-royal, Fennel, Time, and such Herbs, and when they are minced put them in a Morter, and beat them as you do for Green-sauce, and put in some crumbs of Bread soaked in the Pottage of the Snails, and then dissolve it all in the Morter, with a little Saffron and Cloves well beaten, and put in as much Pottage into the Morter, as will make the Spice and Bread and Herbs like thickning for a Pot, so put them all into the Snails, and let them stew in it, and when you serve them up, you may squeeze into the Pottage a Lemon, and put in a little Vinegar, or if you put in a Clove of Garlick among the Herbs, and beat it with them in the Morter, it will not taste the worse; serve them up in a Dish with Sippets of Bread in the bottom. The Pottage is very nourishing, and they use them that are apt to a Consumption.

*To boyl a Rump of Beef after the  
French Fashion.*

**T**AKE a Rump of Beef, or the little end of the Brisket, and parboyl it half an hour, then take it up and put it in a deep Dish, then slash it in the side that the Gravy may come out, then throw a little Pepper and Salt between every cut, then fill up the Dish with the best Claret-wine, and put to it three or four pieces of large Mace, and set it on the coals close covered, and boyl it above an hour and a half, but turn it often in the mean time; then with a spoon take off the Fat and fill it with Claret-wine, and slice six Onyons, and a handful of Capers or Broom buds, half a dozen of hard Lettice sliced, three spoonfuls of Wine vinegar, and as much Verjuice, and then set it a boiling with these things in it till it be tender, and serve it up with brown Bread and Sippets fryed with Butter, but be sure there be not too much Fat in it when you serve it.

*An Excellent way of dressing of Fish.*

**T**AKE a piece of fresh Salmon, and wash it clean in a little Vinegar and Water, and let it lie a while in it, in a great Pipkin with a Cover, and put to it six spoonfuls of Water and four of Vinegar, as much of White-wine, a good deal of Salt, a bundle a of sweet Herbs, a little whole Spice, a few Cloves, a little stick of Cinnamon, a little Mace, take up all these in a Pipkin close, and set in a Kettle of seething water, and there let it stew three hours. You may do Carps, Eels, Trouts, &c. this way, alter the taste to your mind.

*To make Fritters of Sheeps Feet.*

**T**AKE your Sheeps Feet, slit them and set them a stewing in a Silver Dish with a little strong Broth and Salt, with a stick of Cinamon, two or three Cloves and a piece of an Orange pill: when they are stewed, take them from the liquor and lay them upon a Pye-plate cooling: when they are cold, have some good Fritter-batter made with Sack, and dip them therein: then have ready  
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to fry them, some excellent Clarified Butter very hot in the Pan, and fry them therein; when they are fryed wring in the juice of three or four Oranges, and toss them once or twice in a dish, and so serve them to the Table.

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*To make dry Salmon Calvert in the boyling.*

**T**AKE a Gallon of Water, put to it a quart of Wine or Vinegar, Verjuice of four Beer, and a few sweet Herbs and Salt, and let your Liquor boil extream fast, and hold your Salmon by the Tail, and dip it in, and let it have a walm, and so dip it in and out a dozen times, and that will make your Salmon Calvert, and so boil it till it be tender.

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*To make Bisket Bread.*

**T**AKE a pound of Sugar searced very fine, and a pound of flower well dryed, and twelve Eggs, a handful of Carroway-seed, six whites of Eggs, a very little Salt, heat all these together, and keep them with beating till you set them in the Oven, then put them into your Plates or Tin things, and take Bur-

ter and put into a Cloth and rub your Plate; a spoonful into a plate is enough, and so set them into the Oven, and let your Oven be no hotter than to bake small Pyes; if your flower be not dryed in the Oven before, they will be heavy.

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*To make an Almond Pudding.*

**T**AKE your Almonds when they are blanched, and beat them as many as will serve for your Dish, then put to it four or five yolks of Eggs, Rose-water, Nutmeg, Cloves and Mace, a little Sugar, and a little Salt and Marrow cut into it, and so set it into the Oven, but your Oven must not be hotter than for Bisket Bread: and when it is half baked, take the white of an Egg, Rose-water and fine Sugar well beaten together and very thick, and do it over with a feather, and set it in again, then stick it over with Almonds, and so send it up.

*This you may boil in a bag if you please, and put in a few Crums of Bread into it, and eat it with Butter and Sugar without Marrow.*



*To make an Almond Candle.*

**T**AKE three pints of Ale, boyl it with Cloves and Mace, and sliced Bread in it, then have ready beaten a pound of Almonds blanch'd, and strain them out with a pint of White-wine, and thicken the Ale with it, sweeten it if you please, and be sure you skim the Ale well when it boyl.

*To make Almond Bread.*

**T**AKE Almonds and lay them in water all night, then blanch them and slice them, to every pound of Almonds, a pound of fine Sugar finely beaten, so mingle them together, then beat the whites of three Eggs to high froth, and mix it well with the Almonds and Sugar, then have some plates and strew some flower on them, and lay Wafers on them, and lay your Almonds with the edges upwards, lay them as round as you can, scrape a little Sugar on them, when they are ready to set in the Oven, which must not be so hot as to colour white Paper, and when they are a little baked, take them out, and then from

from the Plates, and set them in again, you must keep them in a Stove.

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*To make Almond Cakes.*

**T**AKE half a pound of Almonds blanched in cold water, beat them with some Rose-water till they do not glister, then they will be beaten; if you think fit, lay seven or eight Musque Comfits dissolved in Rose-water which must not be above six or seven Spoonfuls for fear of spoyling the colour; when they be thus beaten, put in half a pound of Sugar finely sifted, beat them and the Almonds together till it be well mixed, then take the whites of two Eggs and two Spoonfuls of fine flower that hath been dryed in an Oven; beat these well together and pour it to your Almonds then butter your Plates and dust your Cakes with Sugar and Flower, and when they are a little brown, draw them, and when the Oven is Colder set them in again on brown Papers, and they will look whiter.

*Master*

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*Master Rudstones Poffet.*

**T**AKE a pint of Sack, a quarter of a pint of Ale, three quarters of a pound of Sugar, boyl all these well together, take two yolks of Eggs and sixteen whites very well beaten, put this to your boyling Sack and llice it very well together till it be thick on the coals; then take three pints of Milk, or Cream, being boyled to a quart, it must stand and cool till the Eggs thicken, put it to your Sack and Eggs, and stir them well together, then cover it with a Plate and so serve it.

*To boyl a Capon with Ranieles.*

**T**AKE a good young Capon, trusse it and draw it to boyl, and 'parboyl it a little, then let it lye in fair water being pickt very clean and white, then boyl it in strong broth while it be enough, but first prepare your Ranieles as followeth; Take a good quantity of Beet leaves, and boyl them in water very tender, then take them out, and get all the water very clean out of them, then take six sweet-breads of Veal, and boyl and mince them white, mince them small, and then boyl herbs also, and four  
or

or five Marrow bones, break them and get all the Marrow out of them, and boyl the bigger piece of them in water by it self, and put the other into the minced Herbs, then take half a pound of Raisins of the Sun stoned and mince them small and half a pound of Dates the skin off and mince them also, and a quarter of a pound of Pomecitron minced small, then take of Naples-bisket a good quantity, and put all these together on a Charger or a great dish with half a pound of sweet Butter, and work it together with your hands as you do a piece of Past, and season it with a little Nutmeg, Ginger, Cinnamon, and Salt, and Parmesan Cheese grated with hard Sugar grated also, then mingle all together well, and make a Past with the finest flower, six yolks of Eggs, a little Saffron beaten small, half a pound of sweet Butter, a little Salt, with some fair water hot (not boyling) and make up your Past, then drive out a long sheet of Past with an even Rowling Pin as thin as possibly you can, and lay your ingredients in small heaps, round or long which you please in the Past, then cover them with the Past and cut them with a jag asunder, and so make more or more till you have made two hundred or more, then have

a good broad Pan or Kettle half full of strong Broth, boyling leisurely, and put in your Ranfoles, one by one, and let them boyl a quarter of an hour, then take up your Capon, lay it in a great Dish, and put on the Ranfoles, and strew on them grated Cheefe, Naples-Bisket grated, Cinnamon and Sugar, then more and more Cinnamon and Cheefe while you have filled your Dish; then put softly on melted Butter with a little strong Broth, your Marrow Pomecitron, Lemons sliced and serve it up, and put it into the Dish, so Ranfoles may be part fryed with sweet but Clarified Butter, either a quarter of them or half as you please; if the Butter be not Clarified, it will spoil your Ranfoles.

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*To make a Bisque of Carps.*

**T**AKE twelve small Carps, and one great one, all Male Carps, draw them and take out all the Melts, flea the twelve small Carps, cut off their Heads and take out their Tongues and take the fish from the bones of the flead Carps, and twelve Oysters, two or three yolks of hard Eggs, mash all together, season it with Cloves, Mace, and Salt, and make thereof a stiff searse: add

add thereto the yolks of four or five Eggs to bind it, fashion that first into balls or Lopings as you please, lay them into a deep Dish or Earthen Pan, and put thereto twenty or thirty great Oysters, two or three Anchoves, the Milts and Tongues of your twelve Carps, half a pound of fresh Butter, the Liquor of your Oysters, the juice of a Lemon or two; a little White-Wine, some of Corbillion wherein your great Carp is boyled, and a whole Onyon, so set them a stewing on a soft fire, and make a hoop therewith; for the great Carp you must scald him and draw him, and lay him for half an hour with the other Carps Heads in a deep Pan with so much White-wine Vinegar as will cover and serve to boyl him and the other Heads in; put therein Pepper, whole Mace, a race of Ginger, Nutmeg, Salt, sweet Herbs, an Onyon or two sliced, a Lemon; when you boyl your Carps, pour your Liquor with the Spice into the Kettle wherein you will boyl him; when it is boyled put in your Carp, let it not boyl too fast for breaking; after the Carp hath boyled a while, put in the Head, when it is enough, take off the Kettle, and let the Carps and the Heads keep warm in the Liquor till you

go to dish them. When you dress your Bisque, take a large Silver Dish, set it on the fire, lay therein Sippets of Bread, then put in a Ladleful of your Corbillion, then take up your great Carp and lay him in the midst of the Dish, then range the twelve Heads about the Carp, then lay the scarce of the Carp, lay that in, then your Oysters, Milts, and Tongues, then pour on the Liquor wherein the scarce was boyled, wring in the juice of a Lemon, and two Oranges; Garnish your Dish with pickled Barberries, Lemons, and Oranges, and serve it very hot to the Table.

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*To boyl a Pike and Eele together.*

**T**AKE a quart of White-Wine, and a pint and a half of White-Wine-Vinegar, two quarts of Water, and almost a pint of Salt, a handful of Rose-mary and Time; the Liquor must boyl before you put in your Fish and Herbs; the Eele with the skins must be put in a quarter of an hour before the Pike, with a little large Mace, and twenty corns of Pepper.

*To make an outlandish dish.*

**T**Ake the Liver of a Hogg, and cut it in small pieces about the bigness of a span, then take Anniseed, or French-seed, Pepper and Salt, and season them therewithall, and lay every piece severally round in the caul of the Hogg, and so roast them on a Bird-Spir,

*To make a Portugall dish.*

**T**Ake the Guts, Gizards and Liver of two fat Capons, cut away the Galls from the Liver, and make clean the Gizards and put them into a dish of clean water, flit the Gut as you do a Calves Chaldron, but take off none of the fat, then lay the guts about an hour in White-Wine, as the Guts soak, half boyl Gizards and Livers, then take a long wooden broack, and spit your Gizards and Liver thereon, but not close one to another, then take and wipe the guts somewhat dry in a Cloth, and season them with Salt and beaten Pepper, Cloves and Mace, then wind the Guts upon the wooden Broach about the Liver, and Gizards, then



then tye the wooden Broach to spin, and lay them to the fire to roast, and roast them very brown, & bast them not at all till they be enough, then take the Gravy of Mutton, the joyce of two or three Oranges, and a grain of Saffron, mix all well together, and with a spoon bast your roast, let it drop into the same Dish, Then draw it, and serve it to the Table with the same sauce.

*To dress a dish of Artichocks*

**T**AKE and boyl them in a Beef-Pot, when they are tender; sodden, take off the tops leaving the bottoms with some round about them, then put them into a Dish, put some fair water to them, two or three spoonfuls of Sack, a spoonful of Sugar, and so let them boyl upon the Coals, still pouring on the Liquor to give it a good tast, when they have boyled half an hour, take the Liquor from them, and make ready some Cream boyled and thickned with the yolk of an Egg or two, whole Mace, Salt and Sugar with some lumps of Marrow, boyl it in the Cream, when it is boyled put a good piece of sweet Butter into it. and toast some Toasts, and lay them under your Artichocks, and pour your Cream, and Butter on them, Garnish it, &c. *To*

*To dress a Fillet of Veal the Italian way.*

**T**AKE a young tender Fillet of Veal, pick away all the skins in the fold of the flesh, after you have picked it out clean so that no skins are left, nor any hard thing; put to it some good White-wine (that is not too sweet) in a bowl and wash it, and cruth it well in the Wine, do so twice, then strew upon it a powder that is called *Tamara* in *Italy*, and so much Salt as will season it well, mingle the Powder well upon the Parts of your meat, then pour to it so much White-wine as will cover it when it is thrust down into a narrow pan; lay a Trencher on it and a weight to keep it down; let it lie two nights and one day, put a little Pepper to it when you lay it in the Sowce, and after it is sowced so long, take it out and put it into a Pipkin with some good Beef-broth, but you must not take any of the Pickle to it, but only Beef-broth, that is sweet and not Salt; cover it close and set it on the Embers, only put into it with the Broth a few whole Cloves and Mace, and let it stew till it be enough. It will be very tender and of an excellent taste; it must be served with the same broth as much as will cover it.

To

To make the Italian, take Coriander-seed two Ounces, Anniseed one ounce, Fennel-seed one ounce, Cloves two ounces, Cinnamon one ounce; these must be beaten into a gross powder, putting into it a little powder of Winter-savory; if you like it, keep this in a Vial glass close stopt for your use.

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*To dress Soals.*

**T**Ake a pair of Soals, lard them through with watered fresh Salmon, then lay your Soals on a Table, or Pie-plate, cut your Salmon, lard all of an equal length on each side, and leave the Lard but short, then flower the Soals, and fry them in the best Ale you can get, when they are fryed lay them on a warm Pye-plate, and so serve them to the Table with a Saller Dish full of Anchovy sauce, and three or four Oranges.

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*To make Furnity.*

**T**Ake a quart of Cream, a quarter of a pound of French-Barly the whitest you can get, and boyl it very tender in three or four several waters, and let it be cold, then

then put both together, put into it a blade of Mace, a Nutmeg cut in quarters, a Race of Ginger cut in four or five pieces, and so let it boyl a good while, still stirring and season it with Sugar to your taste, then take the yolks of four Eggs and beat them with a little Cream, and stir them into it, and so let it boyl a little after the Eggs are in, then have ready blanch'd and beaten twenty Almonds kept from oyling, with a little Rose-water, then take a boulder, strainer, and rub your Almonds with a little of your Furmity through the strainer, but set on the fire no more, and stir in a little Salt and a little sliced Nutmeg, pickt out of the great pieces of it, and put it in a Dish and serve it.

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*To make Patis, or Cabbage Cream.*

**T**AKE thirty Ale Pints of new Milk, and set it on the fire in a Kittle till it be scalding hot, stirring it oft to keep it from creaming, then put it forth, into thirty Pans of Earth, as you put it forth, take off the bubbles with a spoon, let it stand till it be cold, then take off the Cream with two such slices as you beat Bisket bread with, but they must be very thin and not too broad

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broad then when the Milk is dropped off the Cream, you must lay it upon a Pye-plate, you must scour the Kettle very clean and heat the Milk again and so four or five times. In the Lay of it first lay a stalk in the midst of the Plate, let the rest of the Cream, be laid upon that sloping, between every laying you must scarpe Sugar and sprinckle Rose-Water, and if you will, the powder of Musk, and Amber-greese, in the heating of the Milk be careful of smoak.

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*To make Pap.*

**T**AKE three quarts of new Milk, set it on the fire in a dry silver Dish, or Bason; when it begins to boyl skim it, then put thereto a handful of flower the yolks of three eggs, which you must have well mingled together with a Ludleful of cold Milk, before your put to it the Milk that boyls, and as it boyls, stir it all the while till it be enough, and in the boyling, season it with a little Salt, and a little fine beaten Sugar, and so keeping it stirred till it be boyled as thick as you desire, then put it forth into another Dish and serve it up.

*To make Spanish Pap.*

**T**Ake three spoonfuls of Rice flower, finely beaten and Searsed, two yolks of Eggs, three Spoonfuls of Sugar three or four spoonfuls of Rose-water. Temper these four together, then put them to a pint of Cream, then set it on the fire and keep it stirred till it come to a reasonable thicknes, then dish it and serve it up.

*To Poach Eggs.*

**T**Ake a dozen of new laid Eggs, and flesh of four or five Partridges, or other; mince it so small as you can season it with a few beaten Cloves, Mace and Nutmeg, into a Silver dish, with a Ladleful or two of the Gravy of Mutton, wherein two or three Anchoves are dissolved; then set it a stewing on a fire of Char-coals, and after it is half stewed, as it boils, break in your Eggs one by one, and as you break them, pour away most part of the whites, and with one end of your Egg-shell, make a place in your dish of meat, and therein put your yolks of your Eggs, round in order amongst your meat,

meat, and so let them stew till your Eggs be enough, then grate in a little Nutmeg and the juice of a couple of Oranges; have a care none of the Seeds go in, wipe your Dish and garnish your Dish with four or five whole Onyons, &c.

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*A Pottage of Beef Pallats.*

**T**AKE Beef Pallates after they be boyled tender in the Beef Kettle or Pot among some other meat, blanch and serve them clean, then cut each Pallat in two, and set them a stewing between two dishes with a piece of leer Bacon, an handful of Champignons, five or six Sweet-bread, of Veal, a Ladleful or two of strong broth, and as much Gravy of Mutton, an Onion or two, five or six Cloves, and a blade or two of Mace, and a piece of Orange Pills; as your Pallates stew make ready your Dish with the bottoms and tops of two or three Cheat Leaves dryed and moistned with some Gravy of Mutton, and the broth your Pallats stew in, you must have the Marrow of two or three beef-bones stewed in a little broth between two dishes, in great pieces; when your Pallats and Marrow is stewed, and you ready

to Dish it, take out all the Spices, Onyon and Bacon, and lay it in your Plates, sweet-bread, and Champigneons, pour in the Broath they were stewd in and lay on your pieces of Marrow, wring the juice of two or three Oranges; and so serve it to the Table very hot.

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*The Jacobins Pottage.*

**T**AKE the flesh of a washed Capon or Turkey cold, mince it so small as you can, then grate or scrape among the flesh two or three ounces of Parmasant, or old Holland Cheese, season it with beaten Cloves, Nutmeg, Mace and Salt; then take the bottoms and tops of four or five new Rowls, dry them before the fire, or in an Oven, then put them into a fair Silver Dish, set it upon the fire, wet your bread in a Ladleful of strong Broth, and a Ladleful of Gravy of Mutton, then strew in your minced meat, all of an equal thickneis in each place, then stick twelve or eighteen pieces of Marrow as big as Walnuts, and pour on an handful of pure Gravy of Mutton, then cover your Dish close, and as it stews add now and then some Gravy of Mutton there-  
to,



to, thrust your Knife sometimes to the bottom, to keep the bread from sticking to the dish, let it so stew still, till you are ready to dish it a way, and when you serve it, if need require, and more gravy of Matton, wring the juice of two or three Oranges, wipe your Dishes brims, and serve it to the Table in the same Dish.

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*To Salt a Goose.*

**T**AKE a fat Goose and bone him, but leave the breast bone, wipe him with a clean cloth, then salt him one fortnight, then hang him up for one fortnight or three weeks, then boil him in running water very tender, and serve him with Bay leaves.

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*Away of stewing Chickens or Rabbits.*

**T**AKE two, three, or four Chickens, and let them be about the bigness of a Partridge, boil them till they be half boiled enough then take them off and cut them into little pieces, putting the joynt bone one from another, and let not the meat be minced, but cut into great bits, not so exactly

but more or less, the breast bones are not so proper to be put in, but put the meat together with the other bones (upon which there must also be some meat remaining) into a good quantity of that water or Broth wherein the Chickens were boyled, and set it then over a Chafing-dish of Coals between two dishes, that so it may stew on till it be fully enough; but first season it with Salt and gross Pepper, and afterwards add Oyl to it, more or less according to the goodness thereof: and a little before you take it from the fire, you must add such a quantity of juice of Lemons as may best agree with your taste. This makes an excellent dish of meat which must be served up in the Liquor; and though for a need it may be made with Butter instead of Oyl, and with Vinegar instead of Juice of Lemons, yet is the other incomparably better for such as are not Enemies to Oyl. The same Dish may be made also of Veal, or Partridge, or Rabbits, and indeed the best of them all, is Rabbits, if they be used so before *Michaelmas*, for afterwards methinks they grow rank; for though they be fatter, yet the flesh is more hard and dry.

*A Pottage of Capons.*

**T**AKE a Couple of young Capons, truss and set them and fill their bellies with Marrow, put them into a Pipkin with a Knuckle of Veal, a Neck of Mutton, and a Marrow-bone, and some sweet-bread of Veal; season your broth with Cloves, Mace, and a little Salt, set it to the fire, and let it boil gently till your Capons be enough, but boil them not too much; as your Capons boyl; make ready the bottoms and tops of eight or ten new Rowls, and put them dried into a fair Silver Dish wherein you serve the Capons; set it on the fire, and put to your bread, two Ladlesfuls of Broth wherein your Capons are boyled, and a Ladlesful of the Gravy of Mutton, so cover your Dish, and let it stand till you dish up your Capons if need require, add now and then a Ladlesful of Broth and Gravy, lest the Bread grow dry: when you are ready to serve it, first lay in the Marrow-bone, then the Capons on each side, then fill up your Dish with the Gravy of Mutton, wherein you must wring the juice of a Lemon or two, then with a spoon take off all the fat that swimmeth in

the Pottage, then garnish your Capon with the Sweet-breads and some Lemons, and so serve it.

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*To dress Soals another way.*

**T**Ake Soals, fry them half enough, then take Wine season'd with Salt, grated Ginger, and a little Garlick, let the Wine, and seasoning boyl in a Dish, when that boyls and your Soals are half fryed, take the Soals and put them into the Wine, when they are sufficiently stewed, upon their backs lay the two halves open on the one side, and on the other, then lay Anchoves finely wash'd along, and on the sides over again, let them stew till they be ready to be eaten, then take them out, lay them on the Dish, pour some of the clear Liquor which they stew in upon them, and squeeze an Orange in.

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*A Carp Pye.*

**T**AKE Carps, scald them, take out the great bones, pound the Carps in a stone Morter, pound some of the blood with the flesh which must be at the discretion of the Cook because it must not be too soft, then lard it with the belly of a very fat Eel, season it, and bake it like red Deer and eat it cold.

*This is meat for a Pope.*

*To boil Ducks after the French fashion.*

**T**AKE and lard them and put them upon a spit, and half roast them, then draw them and put them into a Pipkin, and put a quart of Claret-wine into it, and Chestnuts, and apint of great Oysters, taking the beards from them, and three Onyons minced very smal, some Mace and a little beaten Ginger, a little Time stript, a Crust of a French Rowl grated, put into it to thicken it, and so dish it upon sops. This may be diversified, if there be strong broth three need not be so much Wine put in, and if there be ne Oysters or Chestnuts you may put in Artichock bottoms, Turnips, Colliflowers, Bacon in thin slices, Sweet-breads, &c.

*To boyl a Goose with Sausages.*

**T**AKE your Goose and Salt it two or three dayes, then truss it to boyl; cut Lard as big as the top of your finger, as much as will Lard the flesh of the breast, season your Lard with Pepper, Mace, and Salt; put it a boyling in Beef broth if you have any, or water, season your Liquor with a little Salt, and Pepper grossly beaten an ounce or two, a bundle of Bay-leaves, Rosemary and Time, tyed altogether; you must have prepared your Cabbage or Sausages boyled very tender, squeeze all the water from them, then put them into a Pipkin, put to them a little strong Broth or Claret-wine, an Onyon or two; season it with Pepper, Salt, and Mace to your taste; six Anchoves dissolved, put altogether, and let them stew a good while on the fire; put a Ladle of thick Butter, a little Vinegar, when your Goose is boyled enough, and your Cabbage on Sippets of bread and the Goose on the top of your Cabbage, and some on the Cabbage on top of your Goose, serve it up.

*To fry Chickens.*

**T**AKE five or six and scald them, and cut them in pieces, then flea the skin from them, fry them in Butter very brown, then take them out, and put them between two Dishes with the Gravy of Mutton, Butter and an Onyon, six Anchoves, Nutmeg, and Salt to your taste, then put sops in your Dish, put fryed Parsly on the top of your Chicken being dished, and so serve them.

*To make a Batalia Pye.*

**T**AKE four tame Pigeons and truss them to bake; and take four Ox-Palates well boyled and blanched, and cut it in little pieces; take six Lamb-stones, and as many good Sweet-breads of Veal cut in halves and parboil'd, and twenty Cocks combs boiled and blanched, and the bottomes of four Artichocks, and a pint of Oysters parboyled and bearded, and the Marrow of three bones, so season all with Mace, Nutmeg and Salt: so put your meat into a Coffin of fine paste proportionable to your quantity of meat: put half a pound of Butter upon your meat,

put a little water in the Pye, before it be set in the Oven, let it stand in the Oven an hour and a halfe, then take it out, pour out the Butter at the top of the Pye, and put it into leer of Gravy, Butter, and Lemons, and serve it up.

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*To make a Chicken Pye.*

**T**AKE four or five Chickens, cut them in pieces, take two or three Sweet-breads parboyled and cut the pieces as big as Walnuts; take the Udder of Veal cut in thin slices, or little slices of Bacon, the bottom of Artichoaks boyled, then make your Coffin proportionable to your Meat, season your meat with Nutmeg, Mace and Salt, then some Butter on the top of the Pye, put a little water into it as you put it into the Oven, and let it bake an hour, then put in a leer of Butter, Gravy of Mutton, eight Lemons sliced; so serve it.

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*To make a Pye of a Calves Head.*

**T**AKE a Calves Head, clean it and wash it very well; put it a-boyling till it be three quarters boiled, then cut off the flesh from



from the bones, & cut it in pieces as big as Walnuts, blanch the Tongue and cut it in slices, take a quart of Oysters parboil'd and bearded, take yolks of twelve Eggs, put some thin slices of Bacon among the meat, and on the top of the meat, when it is in the Pye, cut an Onyon small, and put it in the bottome of your Pye, season it with Pepper, Nutmeg, Mace, and Salt, make your Coffin to your meat, what fashion you please. Let it bake an hour and an half, put Butter on the botom and on the top of your Pye before you close it, put a little water in before you put it into the Oven, when you draw it out take off the Lid, and put away all the fat on the top and put in a leér of thick butter, Gravy of Mutton, a Lemon pared and sliced, with two or three Anchoves dissolved. So stew these together, and cut your Lid in handsome pieces, and lay it round the Pye, so serve it.

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*To make Cream with Snow:*

**T**Ake three pints of Cream, and the whites of seven or eight Eggs, and strain them together, and a little Rose-water, and as much Sugar as will sweeten it, then take

take a stick as big as a Childs Arm, cleave one end of it a cross, and widen your pieces with your finger, beat your Cream with this stick, or else with a bundle of Reeds tyed together, and rowl between your hand standing upright in your Cream, now as the Snow ariseth take it up with a spoon in a Cullender that the thin may run out, and when you have sufficient of this Snow, take the Cream that is left and seeth it in the skil-let, and put thereto whole Cloves, sticks of Cinnamon, a little Ginger bruised, and seeth it till it be thick, then strain it, and when it is cold put into your Dish, and lay your Snow upon it.

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*To make minced Pyes.*

**T**AKE a large Neats Tongue, shread it very well, three pound and half of Suet very well shread, Currans three pound, half an ounce of beaten Cloves and Mace, season it with Salt when you think't fit, half a preserved Orange, or instead of it Orange Pills, a quarter of a pound of Sugar, a little Lemon Pill sliced very thin, put all these together very well, put to it two Spoonfuls of Verjuice, and a quarter of a Pint of Sack, &c.

*To*

*To dry Neats Tongues.*

**T**AKE Bay-Salt Beaten very fine, and Salt peter of each a like, and rub your Tongues, very well with that, and cover all over with it; and as it waists put on more, and when they are very hard and stiff they are enough, then rowl them in Bran, and dry them before a soft fire, and before you boyl them, let them lie one night in Pump water, and boyl them in the same sort of water.

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*To make Jelly of Harts horn.*

**T**AKE six ounces of Harts-Horn, three ounces of Ivory both finely Carped, boil it in two quarts of water in a Pipkin close covered, and when it is three parts waisted, you may try it with a spoon if it will be jelly, you may know by the sticking to your Lips, then strain it through a jelly bag, season it with Rose-water, juice of Lemons, and double refined Sugar, each according to your taste, then boil altogether two or three walms, so put in the glass and keep for your use.

*To make Chickens fat in four or five days.*

**T**Ake a pint of French Wheat, and a pint of Wheat-flower, half a pound of Sugar, make it up into a stiff Paste, and rowl it into little rowls, wet them in warm milk, and so Cram them, and they will be fat in four or five days, if you please you may sow them up behind one or two of the last dayes.

*To make Angelot.*

**T**Ake a gallon of Stroakings, and a pint of Cream as it comes from the Cow, & put it together with a little Rennet : when you fill turn up the midst side of the Cheese-fat, fill them a little at once, and let it stand all that day and the next, then turn them, and let them stand till they will slip out of the Fat, salt them on both sides, and when the Coats begin to come on them, neither wipe nor scrape them for the thicker the Goat is the better.

*A Persian Dish.*

**T**AKE the fleshy part of a Leg of Mutton stript from the fat, and sinews, beat that well in a Morter with Pepper and Salt, and a little Onyon or Garlick water by it self, or with herbs, according to your taste, then make it up in flat Cakes, and let them be kept twelve hours between two Dishes before you use them, then fry them with Butter in a Frying pan, and serve them with the same Butter, and you will find it a Dish of savoury Meat.

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*To roast a Shoulder of Mutton  
in Blood.*

**W**HEN your sheep is killed save the blood, and spread the Gaul all open upon a Table that is wet, that it may not stick to it; as soon as you have flead your sheep, cut off a Shoulder, and having Time picked, shred and cut small into some of your blood, stop your shoulder with it, in-side and out-side, and into every hole with a spoon put some of the Blood; after

after you have put in the Time, then lay your Shoulder of Mutton upon the caul and wrap that about it, then lay it into a Tray, and pour all the rest of the blood upon it; so let it lye all night, if it be Winter, you may let it lye twenty four hours, then roast it.

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*To roast a Leg of Mutton to be  
eaten cold.*

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**F**irst take so much Lard as you think sufficient to Lard your Leg of Mutton withall, cut your Lard in gross long Lardors; season the Lard, very deep with beaten Cloves, Pepper, Nutmeg, and Mace, and Bay-salt beaten fine and dried, then take Parsley, Time, Marjoram, Onyon, and the out rinde of an Orange, shred all these very small, and mix them with the Lard, then Lard your Leg of Mutton therewith, if any of the Herbs and Spice remain, put them on the Leg of Mutton, then take a silver Dish, lay two sticks cross the Dish to keep the Mutton from sopping in the Gravy and Fat that goes from it, lay the Leg of Mutton upon the sticks, and set it into an hot Oven there let it roast, turn it once but baste it not at all, when it is enough and very tender,

der, take it forth but serve it not till it be thoroughly cold; when you serve it, put in a saucer or two of Mustard, & Sugar and two or three Lemons whole in the same Dish.

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*To roast Oysters.*

**T**Ake the greatest Oysters you can get, and as you open them, put them into a Dish with their own Liquor, then take them out of the Dish, and put them into another, and pour the Liquor to them, but be sure no gravel get amongst them; then set them covered on the fire, and scald them a little in their own Liquor, and when they are cold, draw eight or ten Lards through each Oyster; season your Lard first with Cloves, Nutmeg beater very small, Pepper; then take two wooden Lard Spits, and spit your Oysters thereon, then tie them to another spit, and roast them. In the roasting baste them with Anchovy sauce, made with some of the Oyster Liquor, and let them drip into the same dish where the Anchovy sauce is; when they be enough, bread them with the crust of a roul grated on them, and when they be brown draw them off, then take

take the sauce wherewith you basted your Oysters, and blow off the fat, then put the same to the Oysters, wring in it the juice of a Lemon, so serve it.

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*To make a Sack-Poffet.*

**T**AKE a quart of Cream and boyl it very well with Sugar, Mace and Nutmeg, take half a pint of Sack, and as much Ale, and boyl them well together with some Sugar, then put your Cream into your Bason to your Sack, then heat a Pewter Dish, very hot and cover your Bason with it, and set it by the fires side, and let it stand there two or three hours before you eat it.

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*Another Sack-Poffet.*

**T**AKE eight Eggs, yolks and whites, and beat them well together, strain them into a quart of Cream, season them with Nutmeg and Sugar, put to them a pint of Sack, stir them altogether, and put them into your Bason, and set them in the Oven no hotter than for a Custard, let it stand two hours.

*To*



*To make a Sack-Poffet without  
Milk or Cream.*

**T**Ake Eighteen Eggs, whites and all, taking out the Treads, let them be beaten very well, take a pint of Sack and a quart of boyled, and scum it, then put in three quarters of a pound of Sugar, and a little Nutmeg, let it boyl a little together, then take it off the fire stirring the Eggs still put into them two or three Ladle-fuls of drink, then mingle all together and set it on the fire, and keep it stirring till you find it thick; then serve it up.

*To make a Stump Pye.*

**T**Ake a Leg of Mutton, one pound and an half of the best Suet, mince both small together, then season it with a quarter of a pound of Sugar, and a small quantity of Salt, and a little Cloves & Mace, then take a good handful of Parsley, half as much Time, and mince them very small and mingle them with the rest; then take six new laid Eggs and break them into the meat and work it well together, and put it into the Past; then upon the top put Raisins, Currans.

Currans and Dates a good quantity, cover and bake it, when it is baked, and when it is very hot, put into it a quarter of a pint of White-Wine-Vinegar, and strew Sugar up on it, and so serve it.

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*To make Mrs. Leeds Cheese-Cakes.*

TAke six quarts of Milk and renn it pretty cold, and when it is tender come, drain from it your Whey in a Strainer, then hang it up till all the Whey be dropt from it, then press it, change it into dry cloaths till it wet the cloth no longer, then beat it in a Stone Mortar till it be like Butter, then strain it through a thin Strainer mingle it with a pound and a half of Butter with your hands, take one pound of Almonds, and heat them with Rose-water till they are like your curd then ming'e them with the yolks of twenty Eggs, and a quart of Cream, two great Nutmegs, one pound and a half of Sugar : when your Coffins are ready and going to set in the Oven, then mingle them together : let your Oven be made hot enough for a Pigeon Pye, and let a Stone stand up till the scorching be past, then set them in, half an hour will bake them well, your Coffins must be

be made with Milk and Butter as stiff as for other past, then you must set them into a pretty hot Oven, and fill them full of Bran, and when they are hardned, take them out and with a Wing, brush out the bran, they must be pricked.

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*To make Tarts called Taffaty Tarts.*

**F**irst wet your Paste with Butter and cold Water, and rowl it very thin, also then lay them in layes, and between every lay of Apple strew some Sugar, and some Lemon Pill cut very small, if you please put some Fennel-seed to them: then put them into a stoak hot Oven, and let them stand an hour in or more, then take them out, and take Rose-water and Butter beaten together, and wash them over with the same, & strew fine Sugar upon them; then put them into the Oven again, let them stand a little while and take them out.

*To make fresh Cheese.*

**T**AKE three pints of raw Cream, and sweeten it well with Sugar, and set it over the fire, let it boyl a while, then put in some Damask Rose-water, keep it still stirring lest it burn too, and when you see it thickned and turned, take it from the fire, and wash the strainer and Cheesefat with Rose-water, then rowl it too and fro in the Strainer to drain the Whey from the Curd then take up the Curd with a spoon and put them into the Fat, let it stand till it be cold, then put it into the Cheese-Dish with some of the Whey, and so serve it up.

*To make Sugar Cakes or  
Jumbals.*

**T**AKE two pound of Flower, dry it and season it very fine, then take a pound of Loaf-Sugar, and beat it very fine, and searce it, mingle your Flower and Sugar very well, then take a pound and an half of sweet Butter, and wash out the Salt, and break it into bits with your Flower and Sugar, then take yolks of four new-laid

laid Eggs, and four or five spoonfuls of Sack, and four spoonfuls of Cream, beat all these together, then put them into your Flower, and knead them to a Paste, and make them into what fashion you please, and lay them upon Paper or Plates, and putt them into the Oven, and be careful of them, for a very little thing bakes them.

*For Fumbals you must only add the whites of two or three Eggs.*

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*To hash a shoulder of Mutton.*

**T**AKE a Shoulder of Mutton and slice it very thin, till you have almost nothing but the bone, then put to the meat some Claret-Wine, a great Onyon some Gravy of Mutton, six Anchoves, an handful of Capers, the tops of a little Thyme, mince them very well together, then take nine or ten Eggs, the juice of one or two Lemons to make it tart, and make leer of them, then put the meat all in a Frying Pan over the fire till it be very hot; then put in the leer of Eggs and soak altogether over the fire till it be very thick; then boyl your bone, and

and put it on the top of your meat being Dished, Garnish your Dish with Lemons, serve it up.

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*To dress Flounders or Plaice with  
Garlick and Mustard.*

**T**AKE Flounders very new, and cut all the Fins and and Tayls, then take out the Guts and wipe them very clean, they must not be at all washt, then with your Knife scotch them on both sides very grossly; then take the tops of Time and cut them very small, and take a little Salt, Mace, and Nutmeg; and mingle the Time and them together, and season the Flounders, then lay them on the Grid-Iron and bast them with Oyl or Butter, let not the fire be too hot, when that side next the fire is brown, turn it, and when you turn it, bast it on both sides till you have broyl'd them brown, when they are enough make your sauce with Mustard two or three Spoonfuls according to discretion, six Ancheves dissolved very well, about half a pound of Butter drawn up with Garlick, Vinegar, or bruised Garlick in other Vinegar, rub the bot-

tom-

some of your Dish with Garlick. So put your sauce to them and serve them, you may fry them if you please.

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*A Turkish Dish.*

**T**AKE fat Beef or Mutton cut in thin slices, wash it well, put it into a pot that hath a close cover, then put into it a good quantity of clean pickt Rice, skim it very well; then put into it a quantity of whole Pepper, two or three whole Onyons, let all this boil very well, then take out the Onion and Dish it in Sippets, the thicker it is the better.

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*To dress a Pike.*

**C**UT him in pieces, and strew upon him Salt and scalding Vinegar, boil him in Water and Whitewine, when he is boiling, put in sweet Herbs, Onion, Garlick, Ginger, Nutmeg, and Salt; when he is boiled take him out of the Liquor, and let him drain, in the mean time beat Butter and Anchovies together, and pour it on the Fish, squeezing a little Orange and Lemon upon it.

*To dress Oysters.*

**T**Ake Oysters and open them, and save the Liquor, and when you have opened so many as you please, add to this Liquor some white-wine, wherein you must wash your Oysters, one by one very clean, and lay them in another dish; then strain to them that mixed Wine and Liquor wherein they were washed, adding a little more Wine to them with an Onyon divided with some Salt and Pepper, so done, cover the dish and stew them till they be more than half done; then take them and the Liquor, and pour it into a Frying-pan, wherein they must fry a pretty while, then put into them a good piece of sweet Butter, and fry them therein so much longer; in the mean time you must have beaten the yolks of some Eggs, as four or five to a quart of Oysters; these Eggs must be beaten with some Vinegar, wherein you must put some minced Parsley, and Nutmeg finely scraped, and put therein the Oysters in the pan, which must still be kept stirring, lest the Liquor make the Eggs curdle, let this all have a good walm on the fire, and serve it up.



*To dress Flounders.*

**F**Lea off the black skin, and scour the Fish over on that side with a Knife, lay them in a Dish, and pour on them some Vinegar, and strew good store of Salt, let them lye for half an hour; in the mean time set on the fire some water with a little White-Wine, Garlick and sweet Herbs, as you please, putting into it the Vinegar and Salt wherein they lay, when it boyls put in the biggest fish, then the next till all be in; when they are boyled take them out and drain them very well, then draw some sweet Butter thick, and mix with it some Anchovies shred small, which being dissolved in the Butter, pour it on the Fish, strewing a little sliced Nutmeg, and minced Oranges and Barberries.

*To dress Snails.*

**T**Ake Snails and put them in a Kettle of water, and let them boil a little, then take them out, and shake them out of the shells into a Bason; then take some Salt and scour them very well, and wash them in warm water, untill you find the the slime clean gone from them; then put them into a Cullender and let them drain well, then mince some sweet herbs, and put them into a Dish with a little Pepper and Sallet-Oyle together, then let them stand an hour or two; then wash the shells very well and dry them & put it into every shell a Snail, and fill up the shell with Sallet-Oyl and herbs, then set them on a Gridiron upon a soft fire, and so let them stew a little while, and dish them up warm and serve them up.

*To dress Pickle Fish.*

**W**ash them well while they are in the shell in salt water, put them into a kettle over the fire without water; and stir them till they are open, then take them out of their shells, and wash them in hot water and salt.

salt, then take some of their own Liquor that they have made in the Kettle, a little White-wine, Butter, Vinegar, Spice, Parsly; let all these boil together, and when it is boiled, take the yolks of three or four Eggs and put into the Broth. Scollops may be dressed on this manner, or broyled like Oysters with Oyl, or juice of Lemons.

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*To fricate Beef Pallates.*

**T**AKE Beef Pallats, after they be boiled very tender, blanch and pare them clean, season them with fine beaten Cloves, Nutmeg, Pepper, salt, and some greated bread; then have some Butter in a Frying-Pan, put your Pallats therein and so fricate them till they be brown on both sides, then take them forth and put on a dish, and put thereto some Gravy of Mutton, wherein two or three Anchoves are dissolved, grate in your sauce a little Nutmeg, wring out the juyce of a Lemon, so serve them.

*A Spanish Olio.*

**T**Ake a piece of Bacon not very fat, but sweet and safe from being rulty, a piece of fresh Beef, a couple of Hogs Eares, and four Feet if they can be had, and if not, some quantity of Sheeps feet, ( Calves Feet are not proper ) a Joynt of Mutton, the Leg, Rack or Loyn, a Hen, half a dozen Pigeons, a bundle of Parsley, Leeks and Mint, a Clove of Garlick when you will, a small quantity of Pepper, Cloves and Saffron, so mingled that not one of them over-rule, the Pepper and Cloves must be beaten as fine as possible may be, and the Saffron must be first dried, and then crumbled in Powder, and dissolved apart in two or three spoonfuls of Broth, but both the Spices and the Saffron may be kept apart till immediately before they be used, which must not be, till within a quarter of an hour before the Olio be taken off from the fire; a Pottle of hard dry Pease, when they have first steept in water some dayes, a pint of boyl'd Chesnuts: Particular care must be had that the Pot wherein the Olio is made, be very sweet: Earthen I think is the best, and judgment is to be had carefully both in the size of the Pot, and in the quantity

tity of the water at the first, that so the broth may grow afterwards to be neither too much, nor too little, nor too gross, nor too thin; thy meat must be long in boiling, but the fire not too fierce, the Bacon, the Beef, the Pease, the Chesnuts, the Hogs Ears, may be put in at the first. I am utterly against those confused Olios, into which men put almost all kinds of Meats and Roots, and especially against putting of Oyl, for it corrupts the Broth instead of adding goodness to it. To do well, the Broth is rather to be drunk out of a Porringer, than to be eaten with a spoon, though you add some small slices of bread to it, you will like it the worse. The sauce for thy meat must be as much fine Sugar beaten small to powder, with a little Mustard, as can be made to drink the Sugar up, and you will find it to be excellent; but if you make it not faithfully and just according to this Prescript, but shall neither put Mace or Rosemary, or Time, to the herbs, as the manner is of some, it will prove very much the worse.

*To make Aletheclin.*

**T**Ake all sorts of Herbs that are good and wholsome, as Balm, Mint, Fennel, Rosemary, Angelica, wild Time, Hyssop, Burnit, Egrimony, and such other as you think fit; some field Herbs; but you must not put in too many, but especially Rosemary or any strong Herbs, less than half a handful will serve of every sort, you must boil your Herbs and strain them, and let the Liquor stand till to morrow, and settle them, take off the clearest Liquor two gallons and a half to one gallon of Honey, and that proportion as much as you will make, and let it boil an hour, and in the boiling skim it very clean, then set it a cooling as you do Beer, when it is cold, take some very good Ale Barm and put into the bottome of the Tub a little and a little, as they do Beer, keeping back the thick settling that lieth in the bottome of the Vessel that it is cooled in, and when it is all put together, cover it with a cloth, and let it work very neer three days and when you mean to put it up, skim off all the Barm clean, put it up into the Vessel, but you must not stop your Vessel very close in three or four days, but let it have all the vent,

vent, for it will work, and when it is close stopped, you must look very often to it, and have a peg in the top to give it vent when you hear it make a noise, as it will do, or else it will break the Vessel; sometime I make a bag, and put in good store of Ginger sliced, some Cloves and Cinnamon, and boil it in, and other times I put it into the Barrel and never boil it, it is both good, but Nutmeg and Mace do not well to my taste.

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*To make a Sallet of Smelts.*

**T**AKE half an hundred of Smelts: the biggest you can get, draw them and cut off their heads put them into a Pipkin with a pint of White-wine, and a pint of White-Wine-Vinegar, an Onyon shred, a couple of Lemons, a Race of Ginger, three or four Blades of Mace, a Nutmeg sliced, whole Pepper, a little Salt, cover them, and let them stand twenty four hours; if you will keep them three or four dayes, let not your Pickle be too strong of the Vinegar, when you will serve them, take them out one by one, scrape and open them as you do Anchovies, but throw away the bones, lay them close one by one round a Silver Dish.

you must have the very utmost rind of a Lemon or Orange so small as grated bread, and the Parsley, then mix your Lemon Pill Orange and Parsley together with a little fine-beaten Pepper, and strew this upon the Dish of Smelts with the Meat of a Lemon minced very small, also then pour on excellent Sallet-Oyl, and wring in the juice of two Lemons, but be sure none of the Lemon seed be left in the Sallet, so serve it.

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*To Roast a Phillet of Beef.*

**T**AKE a Fillet of Beef, which is the tenderest part of the Beast, and lieth only in the inward part of the Surloyn next to the Chine, cut it as big as you can, then broach it on a Broach not too big, and be careful you broach it not thorow the best of the meat; roast it leisurely & baste it with sweet Butter: Set a Dish under it to save the Gravy while the Beef is roasting, prepare the Sauce for it, chop good store of Parsley with a few sweet herbs shred small, and the yolks of three or four Eggs, and mince among them the Pill of an Orange, and a little Onyon, then boil this mixture, put.

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putting into it sweet Butter, Vinegar and Gravie, a spoonful of strong broth, when it is well boiled, put into it your Beef, and serve it very warm, sometimes a little gross Pepper or Ginger into your Sauce, or a Pill of an Orange or Lemon.

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*To make a Sallet of a cold Hen or a Capon.*

**T**Ake the breast of an Hen or Capon, and slice it as thin as you can in steaks, put therein Vinegar and a little Sugar, as you think fit; then take six Anchoves, and an handful of Capers, a little Long, gross or a Carrigon, and mince them together, but not too small, strew them on the Sallet, garnish it with Lemons, Oranges or Barberries, so serve it up with a little Salt.

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*To stew Mushromes:*

**T**Ake them fresh gathered & cut off the hard end of the stalk, and as you pill them throw them into a Dish of White-wine, after they have lain half an hour on thereupon, drain them from the Wine, and

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Put them between two Silver Dishs, then set them on a soft fire without any liquor, and when they have stewed a while, pour away the liquor that comes from them which will be very black, then put your Mushromes into another clean Dish with a sprig or two of Time, an Onyon whole, four or five Cornes of whole Pepper, two or three Cloves, a bit of an Orange, a little Salt, a bit of sweet Butter, and some pure Gravie of Mutton, cover them, and set them on a gentle fire, so let them stew softly till they be enough, & very tender, when you dish them, blow off all the Fat from them, and take out the Time, Spice and Orange, then wring in the juice of Lemon, and grate a little Nutmeg among the Mushromes, toss them two or three times, put them in a clean Dish, and serve them hot to the Table.

*The Lord Conway, his Lordships Receipts for  
the making of Amber Puddings.*

**F**irst take the Guts of a young Hog, and wash them very clean, and then take two pound of the best Hogs fat, and a pound and an ha f of the best Jurden Almonds, the which being blancht, take one half of them, and beat them very small, and the o-ther half reserve whole unbeaten, then take a pound and a half of fine Sugar, and four white Loaves, and grate the Loaves over the former Composition, and mingle them well together in a Bason, having so done, put to it half an ounce of Ambergreese, the which must be scraped very small over the said Composition, take half a quarter of an ounce of Levant Musk, and bruise it in a Marble Mortar, with a quarter of a pint of Orange-flower-water, then mingle these all very well together, and having so done, fill the said Guts therewith. This Receipt was given his Lordship by an Italian for a great Rarity, and has been found so to be by those Ladies of Honour, to whom his Lordship has imparted the said Reception.

*To make a Partridge Tart.*

**T**AKE the flesh of four or five Partridges minced very small, with the same weight of Beef-marrow as you have Partridge flesh, with two ounces of Orangadoes and green-Citron minced together as small as your meat, season it with Cloves & Mace, and Nutmeg, and a little Salt and Sugar, mix altogether, and bake it in Puffe-paste; when it is baked open it, and put in half a Grain of Musk, or Amber brayed in a Mortar or Dish, and with a spoonful of Rose-water, and the juice of three or four Oranges, when you put all these therein, stir the meat and cover it again, and serve it to the Table.

*To keep Venison all the year.*

**T**AKE the Haunch and parboyle it a while, then season it with two Nutmegs, a spoonful of Pepper, and a good quantity of Salt, mingle them altogether, then put two spoonfuls of White-Wine-Vinegar, and having made the Venison full of holes, as you do when you Lard it, when it is Larded, put in the Venison.

son at the holes the Spice and Vinegar, and season it therewith, then put part into the Pot with the fat side downwards, cover it with two pound of Butter, then close it up close with course Paste, when you take it out of the Oven take away the Paste, and lay around Trencher with a weight on the top of it to keep it down, till it be cold, then take off the Trencher, and lay the Butter flat upon the Venison, then cover it close with strong white Pepper, if your pot be narrow at the bottom it is better, for it must be turned upon a plate, and stuck with Bay-leaves when you please to eat it.

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*To bake brawn.*

**T**AKE two Buttocks and hang them up two or three days, then take them down and dip them into hot-water, and pluck off the skin, dry them very well with a clean Cloth, when you have so done, take Lard, cut it in pieces as big as your little finger, and season it very well with Pepper, Cloves, Mace, Nutmeg, and Salt, put each of them into an earthen Pot, put in a pint of Claret-wine, a pound of Mutton Suet. So close it with paste, let

let the Oven be well heated, and so bake them, you must give them time for the baking according to the bigness of the Haunches and the thickness of the Pots, they commonly allot seven hours for the baking of them; let them stand three days, then take off their Covers, and pour away all the liquor, then have clarified butter, and fill up both the pots to keep it for the use, it will very well keep two or three months.

### *To roast a Pike.*

**T**AKE a Pike, scour off the slime, take out the entrails, lard it with the backs of Pickled Herrings, you must have a sharp Bodkin to make the holes, no Larding-pins will go thorow, then take some great Oysters, Claret-wine, season it with Pepper, Salt and Nutmeg, stuff the belly of the Pike with these Oysters, intermix with them Rosemary, Thyme, Winter savory, sweet Marjoram, a little Onyon and Garlick, sow these in the belly of the Pike, prepare two sticks about the breadth of a Lath, these two sticks and the Spit must be as broad as the Pike being tyed on the Spit, tye the Pike on, winding Pack-thread about the  
Pike

Pike along, but there must be tyed by the Pack-thread all along the side of the Pike which is not defended by the Spit, and the Lathes Rosemary and Bays, baste the Pike with Butter, and Claret wine, with some Anchoves dissolved in it, when it is wasted, rip up the belly of the Pike and the Oyster will be the same, but the herbs which are whole must be taken out.

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*To sauce Eels.*

**T**Ake two or three Great Eels, rub them in Salt, draw out the Guts, wash them very clean, cut them athwart on both sides sound deep, and cut them again cross way, then cut them thorow in such pieces as you think fit, and put them into a dish with a pint of Wine Vinegar, and an handful of Salt, have a Kettle over the fire with fair water, and a bundle of sweet Herbs, two or three great Onyons, some Mace, a few Cloves, you must let these lie in Wine Vinegar and Salt, and put them into boyling Liquor, there let them boyl according to Cookery, when enough, take out the Eels, and drain them from the Liquor, when they are cold take a  
pint

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pint of White wine, boyl it up with Saffron to colour the Wine, then take out some of the Liquor or put it in an earthen pan, take out the Onyons and all the herbs, only let the Cloves and Mace remain, you must beat the Saffron to powder or else it will not colour.

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*To make Sausages without Skins.*

**T**AKE a Leg of young Pork, two pound of Beef suet, two handfuls of Sage, two leaves of white bread, Salt and Pepper to your taste, half the Pork and half the Suet must be very well beaten in a stone mortar, the rest cut very small, be sure to cut out all Gresles and Lenets in the Pork, when you have mixed these altogether, knead them into a stiff Paste with the yolks of two or three Eggs so roul them into Sausages.

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*To dress a Pike.*

**T**AKE a male Pike, rub his skin off whilst he lives with Bay-salt, having well cleared the outside, lay him in a large Dish or Tray, open him so as you break not his gall, cut him according to the size of the fish in

two



two or three pieces, from the head to the tail must be slit, this done, they are to be laid as flat as you can in a great Dish or Tray, pour upon it half a pint of white wine-vinegar, more or less, according to the size of the fish, then strew upon the inside of the fish white Salt plentifully, Bay salt beaten very small is better, whilst this is a doing, let a Skillet with a sufficient quantity of Rhenish Wine, or good White-wine, be put over the fire, with the Wine, Salt, Ginger, Nutmeg, an Onyon, four or five Cloves of Garlick, a bunch of sweet herbs *viz.* Sweet-marjoram, Rosemary, Pill of half a Lemon, let these boyl to the height, put in the Pike with the Vinegar, in such manner as not to quench or allay, if possible, the heat of the Liquor, put the thickest piece first, that will ask most boyling, and the Vinegar last of all; while the Pike boyls take two quarters of a pound of Anchoves, one quarter of very good Butter, a Saucer of the Liquor your Pike was boyled in, dissolved Anchoves. Note that the Liquor, Sauce, the Spice and the other Ingredients must follow the proportion of the Pike; if your sauce be too strong of the Anchoves add more fair water to it. Note also, the Liquor wherein this Pike was dressed, is better to boyl a  
second

second Pike therein, than it was at the first.

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*To dress Eels.*

**C**UT two or three Eels into pieces of a convenient length, set them ends ways in a pot of Earth, put in a spoonful or two of water, and to them put some Herbs and Sage chopt small, some Garlick, Pepper and Salt, so let them be baked in an Oven.

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*To boyl a Pudding after the French fashion.*

**T**AKE a Turkey that is very fat, and being pulled and drest, Lard him with long pieces of Lard, first wholed in seasoning of Salt, Pepper, Nutmeg, Cloves and Mace, then take one piece of Lard whole in the seasoning, put it into the belly with a sprig of Rosemary and Bays, sow it very close in a clean Cloth, and let it lie all night covered with White-wine let it be put into a pot with the same Liquor and no more, let it be close stopped, then hang it over a very soft and gentle fire, there to continue six hours in a simpering boil, when it is cold take

take it out of the cloth, not before, put it in a Pie-plate, and stick it full of Rosemary and Bays, so serve it up with Mustard and Sugar, they are wont to lay it on a Napkin folded square, and lay it corner-wise.

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*To make a Fricake.*

**T**Ake three Chickens, and pull off the Skins, and cut them into little pieces, then put them into water with two or three Onyons and a bunch of Parsley, and when it hath stewed a little, put in some Salt and Pepper, and a pint of White-wine, so let them stew till they be enough, then take some Verjuice and Nutmegs, and three or four yolks of Eggs, beat them well together, and when you take off the Chickens, put them into a Frying-pan altogether with some Butter, scald it well over the fire, and serve it in.

*To make a Dish called Olives.*

**T**AKE a Fillet of Veal, and the flesh from the bones, and the fat and skin from either, cut it into very thin slices, beat them with the back of your Knife, lay them abroad on a dish, season them with Nutmeg, Pepper, Salt and Sugar, chop half a pound of Beef-suet very small, and strew upon the top of the meat, then take a good handfull of herbs, as Parsley, Tyme, Winter savory, Sorrel and spinage, chop them very small, and strew over it, and four Eggs with the whites, mingle these all well together with your hands, then roal it up peice by peice, put it upon the Spit, roasting it an hour and half, and if it grow dry bast it with a little sweet Butter, the sauce is Verjuice or Claret-wine with the Gravy of the Meat and Sugar, take a whole Onyon and stew it on a Chafing-dish of coals, and when it tastes of the Onyon, pour the liquor from it on the meat, setting it a while on the Coals, and serve it in.

*To*

*To make an Olive Pye.*

**T**His you may take in a Pie, putting Raisins of the Sun stoned and some Currans in every Olive, first strowing upon the meat the whites and yolks of two boyled Eggs shred very small, make your Olives round, and put them into Puff-paste, when it is half baked put in a good quantity of Verjuice or Claret-wine sweetned with Sugar, putting it in again till it be thorow baked.

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*The Countess of Rutlands Reiceipt of making the rare Banbury Cake, which was so much praised at her Daughters ( the Right Honourable the Lady Chaworths ) Wedding.*

*Imprimis.*

**T**ake a peck of fine Flower, and half an Ounce of large Mace, half an Ounce of Nutmegs, and half an Ounce of Cinnamon, your Cinnamon and Nutmegs must be sifted through a Scarce two pounds of Butter, half a score of Eggs, put out four of the whites of them  
some

something above a pint of good Ale-yeast beat your Eggs verry well and strain them with your Yeast, and a little warm water into your Flowre, and stir them together, then put your Butter cold in little Lumps: The water you knead withall must be scalding hot, if you will make it good Paste, the which having done, lay the Paste to rise in a warm Cloth, a quarter of an hour, or thereupon; then put in ten pounds of Currans, and a little Musk and Ambergreece dissolved in Rosewater, your Currans must be made very dry, or else they will make your Cake heavy, strew as much Sugar finely beaten amongst the Currans as you shall think the water hath taken away the sweetness from them; break your Paste into little pieces, into a Kimnel or such like thing, and lay a Layer of Paste broken into little pieces, and a Layer of Currans, until your Currans are all put in, mingle the Paste and the Currans very well, but take heed of breaking the Currans, you must take out a piece of Paste 'after it hath risen in a warm Cloth before you put in the Currans to cover the top, and the bottom, you must roul the Cover something thin, and the bottom likewise, and wet it with Rosewater, and close them at  
the

the bottom of the side, or the middle which you like best, prick the top and the sides with a small long pin, when your Cake is ready to go into the Oven, cut it in the midst of the sight round about with a Knife an inch deep, if your Cake be of a peck of Meal, it must stand two hours in the Oven, your Oven must be as hot as for Manchet.

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*An excellent Syllabub.*

**F**ILL your Syllabub-pot with Syder (for that is the best for a Syllabub) and good store of Sugar and a little Nutmeg; stir it well together, put in as much thick Cream by two or three spoonfuls at a time, as hard as you can, as though you milk it in, then stir it together exceeding softly once about, and let it stand two hours at least ere it is eaten, for the standing makes the Curd.

*To Sauce a Pig.*

**T**Ake a fair large Pig and cut off his Head, then slit him through the midst, then take forth his bones, then lay him in warm water one night, then Collar him up like Brawn, then boil him tender in fair water, and when he is boiled put him in an earthen pot or pan into water and Salt, for that will make him white, and season the flesh, for you must not put Salt in the boiling, for that will make it black, then take a quart of the same broth, and a quart of White-wine, boil them together to make some drink for it, put into it two or three Bay-leaves, when it is cold unclōath the Pig, and put it into the same drink, and it will continue a quarter of a year. It is a necessary Dish in any Gentlemans house; when you serve it in, serve it with green Fennel, as you do Sturghion with Vinegar in Saucers.

*To make a Virginia Trout.*

**T**Ake Pickled Herrings, cut off their Heads, and lay the Bodies two days and nights in water, then wash them well then



then season them with Mace, Cinnamon, Cloves, Pepper, and a little red Saunders, then lay them close in a pot with a little Onyon strewed small upon them, and cast between every Layer; when you have thus done, put in a pint of Claret-wine to them, and cover them with a double-paper tyed on the pot, and set them in the Oven with Household-bread. They are to be eaten cold.

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*To make a fat Lamb of a Pig.*

**T**AKE a fat Pig, and scald him, and cut off his head, slit him and truss him up like a Lamb, then being slit through the middle, and flawed, then parboil him a little, then draw him with Parsley, as you do a Lamb, then roast it and dridge it, and serve it up with Butter, Pepper and Sugar.

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*To make Rice Pancakes.*

**T**AKE a pound of Rice, and boil it in three quarts of water till it be very tender, then put it into a pot covered close, and that will make a Jelly, then take a quart of Cream or new Milk, put it scalding hot to

the Rice, then take twenty Eggs, three quarters of a pound of melted Butter, a little Salt, stir all these well together, put as much Flower to them as will make them hold frying, they must be fryed with Butter, they must be made over-night, best.

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*Mrs. Dukes Cake.*

**T**AKE a quarter of a peck of the finest Flower, a pint of Cream, ten yolks of Eggs well beaten, three quarters of a pound of Butter gently melted, pour on the Flower a little Ale-yeast, quarter of a pint of Rose-water, with some Musk, and Ambergreese dissolved in it, season all with a penny worth of Mace and Cloves, a little Nutmeg finely beaten Currans one pound and a half, Raisins of the Sun stoned and shred small one pound, Almonds blanched and beaten half a pound, beat them with Rose water to keep them from Oyling: Sugar beaten very small half a pound; first mingle them, knead all these together, then let them lie a full hour in the Dough together, then the Oven being made ready, make up your Cake, let not the Oven be too hot, nor shut up the mouth of it too close, but stir the Cake now and then  
that

that it bake all alike, let it not stand a full hour in the Oven. Against you draw it have some Rose-water and Sugar finely beaten, and well mixed together to wash the upper side of it, then set it in the Oven to dry, when you draw it out, it will shew like Ice.

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*To make fine Pancakes fyled without Butter or Lard.*

**T**Ake a pint of Cream, six new-laid Eggs, beat them very well, put in a quarter of a pound of Sugar, one Nutmeg or beaten Mace, which you please, as much Flower as will thicken them almost as thick as for ordinary Pancakes, your pan must be clean wiped with a cloth, when it is reasonably hot, put in your Batter as thick or thin as you please to fry them.

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*To Pot Venison.*

**T**Ake an haunch of Venison not hunted, and bone it, then take three Ounces of Pepper beaten, twelve Nutmegs with an handful of Salt, and mince them together with Wine-vinegar, then wet your Venison

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with

with Wine-vinegar, and season it, then with a Knife make holes on the lean sides of the Haunch, and stuff it as you would stuff Beef with Parsley, then put it into the pot with the fat side downward, then clarify three pound of Butter, and put it thereon, and paste upon the Pot, and let it stand in the Oven five or six hours, then take it out, and with a vent press it down to the bottome of the pot, and let it stand till it be cold, then take the Gravy off the top of the pot and melt it, and boil it half away and more, then put it in again with the Butter on the top of the Pot.

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*To make a Marchpane : to Ice him, &c.*

**T**Ake two pound of Almonds blanch'd, and beaten in a Stone Mortar till they begin to come to a fine Paste, and take a pound of sifted Sugar, and put it in the Mortar with the Almonds, and so leave it till it come to a perfect Paste, putting in now and then a spoonful of Rose-water to keep them from Oyling : when you have beaten them to a perfect Paste, cover the Marchpane in a sheet, as big as a Charger, and set an edge about as you do about a Tart, and a bottome  
of

of Waters under him; thus bake it in an Oven or Baking-pan, when you see your Marchpane is hard and dry, take it out and Ice it with Rose-water and Sugar, being made as thick as Butter for Fritters; so spread it on him with a Wing-feather, so put it into the Oven again; and when you see it rise high, then take it out and Garnish it with some pretty conceits, made part of the same stuff, stick long Cumfets upright in him, so serve it.

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*To make Jelly the best manner.*

**T**AKE a Leg of Veal, and pare away the fat as clean as you can, wash it thoroughly, let it lie soaking a quarter of an hour or more, provided you first break the bones, then take four Calves feet, scald off the hair in boiling water, then slit them in two, and put them to your Veal, let them boil over the fire in a brass pot, with two Gallons of water or more, according to the proportion of your Veal, scum it very clean, and often; so let it boil till it come to three pints, or a little more, then strain it through a clean strainer into a Basin, and so let it

stand till it be through cold and well jellied, then cut it in pieces with a Knife, and pare the top and the bottom of them, put it into a Skillet, take two ounces of Cinnamon broken very small with your hand, three Nutmegs sliced, one Race of Ginger, a large Mace or two, a little quantity of Salt, one spoonful of Wine vinegar, or Rose-vinegar, one pound and three quarters of Sugar, a pint of Rhenish wine, or White-wine, and the Whites of fifteen Eggs well beaten; put all these to the Jelly, then set it on the fire, and let it seeth two or three walms, ever stirring it as it seeths, then take a very clean Jelly-bag, wash the bottome of it in a little Rose-water, and wring it so hard that there remain none behind, put a branch of Rosemary in the bottome of the bag, hang it up before the fire over a Bason, and pour the Jelly-bag into the Bason, provided in any case you stir not the bag, then take Jelly in the Bason, and put it into your bag again, let it run the second time, and it will be very much the clearer; so you may put into your Gallypots or Glasses, which you please, and set them a cooling on Bay-salt, and when it is cold and stiff, you may use it at your pleasure, if you will have the Jelly of a red colour, use  
it

it as before, only instead of Rhenish Wine use Claret.

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*To make Poor Knights.*

**C**UT two penny Loaves in round slices, dip them in half a pint of Cream, or fair water, then lay them abroad in a dish, and beat three Eggs and grated Nutmegs and Sugar, beat them with the Cream, then melt some Butter in a Frying pan, and wet the sides of the Toasts and lay them in on the wet side, then pour in the rest upon them, and so fry them, serve them in with Rose-water, Sugar and Butter.

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*To make Shrewsbury Cakes.*

**T**AKE two pound of Flowre dryed in the Oven, and weighed after it is dryed, then put to it one pound of Butter that must be laid an hour or two in Rose-water, so done, pour the water from the Butter, and put the Butter to the Flowre with the yolks and whites of five Eggs, two races of Ginger, and three quarters of a pound of Sugar, a little Salt, grate your spice, and it will be

the better knead all these together till you may roul the Paste, then roul it forth with the top of a Bowl, then prick them with a pin made of wood, or if you have a Comb that hath not been used, that will do them quickly, and is best to that purpose, so bake them upon Pie-plates, but not too much in the Oven, for the heat of the Plates will dry them very much, after they come forth of the Oven you may cut them without the Bowls of what bigness of what fashion you please.

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*To make Beef like Red Deer to be eaten cold.*

**T**Ake a Buttock of Beef, cut it the long ways with the grain, beat it well with a Rowling-pin, then broyl it upon the coals, a little after it is cold draw it through with Lard, then lay in some White-wine-vinegar, Pepper, Salt, Cloves, Mace and Bay-leaves, then let it lie three or four days, then bake it in Rye-paste, and when it is cold fill it up with Butter, after a fortnight it will be eaten.



*To make Puffs.*

**T**AKE a pint of Cheese curds and drein them dry, bruise them small with the hand, put in two handfuls of flower, a little Sugar, three or four yolks of Eggs, a little Nutmeg and Salt, mingle these together and make them little, like eyes, fry them in fresh butter, serve them up with fresh butter and Sugar.

*To make a hash of Chickens.*

**T**AKE six Chickens, quarter them, cover them almost with water, and season them with Pepper and Salt, and a good handful of minced Parsley, and a little White-wine, when they are boyled enough, put six Eggs, only the yolks, put to them a little Nutmeg and Vinegar, give them a little walm or two with the Chickens, pour them together into a dish and serve them in, when you put on the Eggs, and a good piece of butter.

*To make an Almond Candle.*

**T**AKE three pints of Ale, boyl it with Cloves, Mace and sliced bread into it, then have ready beaten a pound of blanched Almonds stomped in a mortar, with a little white-wine, then strain them out with a pint of white-wine, thicken your Ale with it, sweeten it as you please, and besure you skim the Ale when it boyles.

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*To make scalding Cheefe towards the latter end of May.*

**T**AKE your Evening Milk and put it into boulds or earthen pans, then in the morning fleet off the Cream in a bould by it self, put the fleet Milk into a Tub with the morning Milk, then put in the nights Cream and stir it together, and heat the Milk, and put in the Rennet; as for ordinary new Milk Cheefe, it is to be made thick: when the Cheefe is come, gather the Curd into the Cheefe cloth, and set the Whey on the fire till it be seething hot: put the Cheefe in a Cloth into a Killer that hath a waste in the bottom, and pour in the hot Whey, then let

let out that and put in more till your Curd feel hard, then break the Curd with your hands as small as you can, and put an handfull of salt to it, then put it into the Fat, turn it at noon and at night, and next day put it into a Trough where Cheese is salted every day, and turn it as long as any will enter, then lay it on a Table or Shelf all Summer; if you will have it mellow to eat within a year, it must be laid in Hay in the Spring; if to keep two years, let it dry on a Shelf out of the wind all the next Summer, and in Winter lay them in Hay a while, or lay them close one to another; I seldom lay any in Hay, I turn and rub them with a rotten cloth, especially when they are old, once a week lest they rot.

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*To pickle Purslain.*

**T**AKE Purslain stalks and all, boyl them tender in fair water, then lay them drying upon Linnen cloaths, then being dried, put them into the Galley pots, and cover them with Wine vinegar mixed with Salt, and not make the Pickle so strong as for Cucumbers.

*FINIS.*

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